

Health and Wellness Policy

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Written by Wellness Committee

Overview

John Stark Regional High School is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities and support student achievement.

Nutrition Education

John Stark students shall receive nutrition education that is aligned with the New Hampshire health education content standards and benchmarks. Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. The curriculum will be developmentally appropriate and will encourage skills that promote lifelong wellness.

Nutrition Standards

The school shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The school shall encourage students to make nutritious food choices.

The school shall monitor all food and beverages sold or served, including those available outside the federally regulated child nutrition programs. The school shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

Physical Education and Physical Activity Opportunities

The school shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Other School-Based Activities Designed to Promote Student Wellness

The school may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

II Nutrition Guidelines for All Foods Available at John Stark (outside of the school lunch program)

These guidelines apply during the school day from bell to bell during school hours. The guidelines are also strongly encouraged during all school activities.

This shall include the following:

- Vending machines
- Fundraisers
- School store
- School parties
- Meetings (including staff and student meetings during school hours)
- All activities involving food or beverages must meet the criteria of the John Stark Health and Wellness Policy.

The above food providers will offer healthy food and beverage choices that meet the following federal, state and local dietary guidelines:

Individual food items:

- Shall not exceed 200 calories per portion size
- Fat content: no more than 35% of calories will be derived from fat (except nuts, seeds, nut butters and reduced fat cheese).
- Sugar content: No more than 35% of total weight (except fruits and vegetables).
- Beverages must comply with the John Stark Beverage Policy

All foods made available on the school campus will meet state and local food safety and sanitation guidelines.

Candy will not be available on the school campus.

Healthy snack vending machines will be turned on when the school lunch program is completed at 1:30 p.m. Nutrition information for products will be available at the point of purchase.

No food or beverages (except water) will be allowed in the classroom. The exception is any food or beverage specific to the academic curriculum or a medical requirement.

Staff members hosting in-class celebrations as part of the curriculum must consult with food service director to insure safety and nutritional guidelines are met.

Food or beverages will not be used as rewards for academic performance or good behavior or withheld as a punishment.

Marketing, advertising messages and promotional activities will be limited to programs that are connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

Students and staff will have access to fresh, safe drinking water throughout the school day.

Goals for All Foods Available at John Stark (outside the school lunch program)

- To provide students and staff with choices that promote health and nutrition through access to a variety of nutritional and appealing snacks during school hours.
- To follow nutritional guidelines with the objective of promoting student health and wellness.

III. Beverage Policy at John Stark

This policy limits the total beverage product line to the following:

1. Fruit based drinks composed of no less than 100% fruit juice or 100% juice from concentrate.
2. Drinking water with no additives except those minerals normally added to replace that which is lost in filtration.
3. Milk and flavored milks, low fat 1% or less, which meet USDA, state, and local standards and regulations for milk. All milk should contain vitamin A and D at levels specified by the Food and Drug Administration and is consistent with state and local standards for such milk.
4. Electrolyte replacement drinks that do not contain more than 20 grams of added sweetener per 8 oz. serving. Sodium should not exceed 110 milligrams per 8 ounces. These drinks will be placed near gymnasiums, field houses, and other areas where high intensity athletic activities take place.
5. Vending machines containing carbonated beverages will remain off until after regular school hours.
6. All beverage vending machines shall include:
 - a. water and flavored water
 - b. 100% fruit juice or 100% juice from concentrate
 - c. non-carbonated drinks with less than 150 calories per container
 - d. no more than 1/3rd of the choices will be carbonated

IV. Physical Education

1. State-certified physical education teachers teach all physical education classes.
2. Students are required to take two courses to complete one credit of physical education upon graduation. Elective courses such as Physical Fitness, Outdoor Leadership and Leadership Through Fitness are offered for students who have completed the required physical education courses.
3. Physical education courses offer 228 minutes per week per semester for students. Classes are held three days per week with one class of 48 minutes and two classes of 90 minute blocks. Courses are offered during both semesters.
4. Physical education classes have a 1:24 teacher-to-student ratio for single-booked courses and a 2:36 teacher-to-student ratio for double-booked courses.
5. Physical education course curriculum is consistent with national standards. The courses focus on students' development of motor skills, movement, health-related fitness and adventure activities. All physical education courses include a classroom segment which focuses on the principles of physical fitness, nutrition, and the benefits of lifetime fitness activities.
6. Students exercise moderately to vigorously while participating in physical education courses. Physical fitness is a component of each class.
7. John Stark physical education provides students with an environment that encourages acceptance and fun. All activities are safe and cater to all ability levels.
8. The philosophy of John Stark physical education is to reinforce physical education/activity by neither denying nor requiring physical activity as a means of punishment.

Physical Education Goals

1. Every year, all students, 9-12, 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 healthy lifestyle.
2. The education opportunities that include physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

V. Nutrition Education

1. All students must pass Health to successfully graduate from John Stark.
2. Nutrition education is part of the curriculum in the Health course and in the required structured Physical Education courses. Both courses emphasize the importance of proper nutrition and lifetime fitness.
3. Nutrition education is also taught in the Foods and Nutrition course. The course focuses on basic nutrition, meal planning, and meal service. Emphasis is also placed on learning the food pyramid, nutrient classification and function, and learning efficient, safe, and healthy cooking practices, through participation.
4. Nutrition education is integrated into other subject areas, such as Biology and Retail Management.
5. The John Stark Health and Physical Education course curricula follow the state standards.
6. The John Stark Health, Physical Education and Family Consumer Science teachers attend professional workshops for teaching nutrition, including the New Hampshire Association of Health, Physical Education, Recreation and Dance conference and seminars through UNH.
7. The Health and Physical Education Department will continue to work on projects that link classroom nutrition education to the school community, such as analyzing cafeteria meals and making more healthy choices for vending.
8. Health classes emphasize many topics during the nutrition education unit. These topics include the balance between food intake and energy expenditure, label reading, the food pyramid, and individual nutrition projects. The nutrition project includes a food journal, label analysis, and the analysis of nutritional value and calorie content of foods.

Nutrition Education Goals

1. Includes ongoing training for Physical Education, and Health and Family and Consumer Science teachers and other staff. Programs might include the New Hampshire Association of Health, Physical Education, Recreation and Dance conference and other professional development opportunities.
2. JSR will provide support to parents' efforts to provide a healthy diet for their children.

3. Nutrition education information will be reviewed by a qualified nutrition professional.
4. Work in conjunction with the Guidance Department or the school psychologist.

VI. Food Service Nutrition Policy

Academic performance, student behavior, attendance and quality of life issues are affected by the choices and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn Nutritional guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the John Stark Food Service Program. The Full Meal program will continue to follow the US government nutrition standards. Nutrition service policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

John Stark Food Service Department is making a concentrated effort to offer healthy choices to students, giving them the opportunity to follow the Dietary Guidelines for Americans and the USDA recommends school meal programs follow. The following are techniques the Food Service Program is using to encourage healthy eating for our students.

1. All scratch-made ground beef entrees are prepared with 80/20 quality beef. Cooked ground beef is well drained of fat before using in casseroles and meat fillings. Ground turkey is regularly substituted for 33 to 50% of the beef in these recipes.
2. All deli meats are very lean and trimmed of all visible fats.
3. Fresh fruits, canned fruits in light syrup or natural juice, and fresh or canned vegetables are offered daily as a choice for students when selecting a school lunch.
4. Meal-type salad bars and or small salads are offered 3 to 4 times per week where a variety of high fiber vegetables and fruits are offered. Low fat salad dressing choices are available.
5. At least three milk choices are available including 1%, 2%, whole, 1% chocolate milk, and 1/2% strawberry milk.
6. Our recipes have been adjusted to reduce salt. No salt is added to french fries, salt shakers are provided in the cafeteria.
7. Many a la carte items offered are also healthy selections, however a la carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.
8. All packaged snacks shall provide only single servings.
9. Whole grain products are served daily.

Food Service Safety

All food service employees shall, within their first year of employment, obtain a certificate of completion from an approved sanitation course. Within the first five years of employment, all full time employees will obtain certification from an approved program including, but not limited to, School Nutrition Association (SNA). All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in the school. For the safety and security of the food and facility, access to the food service operations are limited to Food Service staff and authorized personnel.

Food Service Goals

1. The John Stark Food Service will follow the US Government nutrition standards service policies and guidelines.
2. The John Stark Food Service will offer healthy choices to students and staff.
3. John Stark Food Service will continue to maintain food service safety and sanitation education.

VII. Health and Wellness Committee

Participating members of the John Stark Health and Wellness Committee---

Christopher Corkery --Principal

Debby Apiki- Health Education Teacher--Physical Education, Health and Nutrition Education, Assessment

Christine Heifetz- Consumer and Family Science Teacher--Nutrition Education

Tricia Macey--Business Teacher, Foods available at John Stark outside of the school lunch program

Karen Broemme- School Nurse--School Environment

Morgan Trahan- Food Service Director, SNA Certified--Nutrition Standards and Guidelines