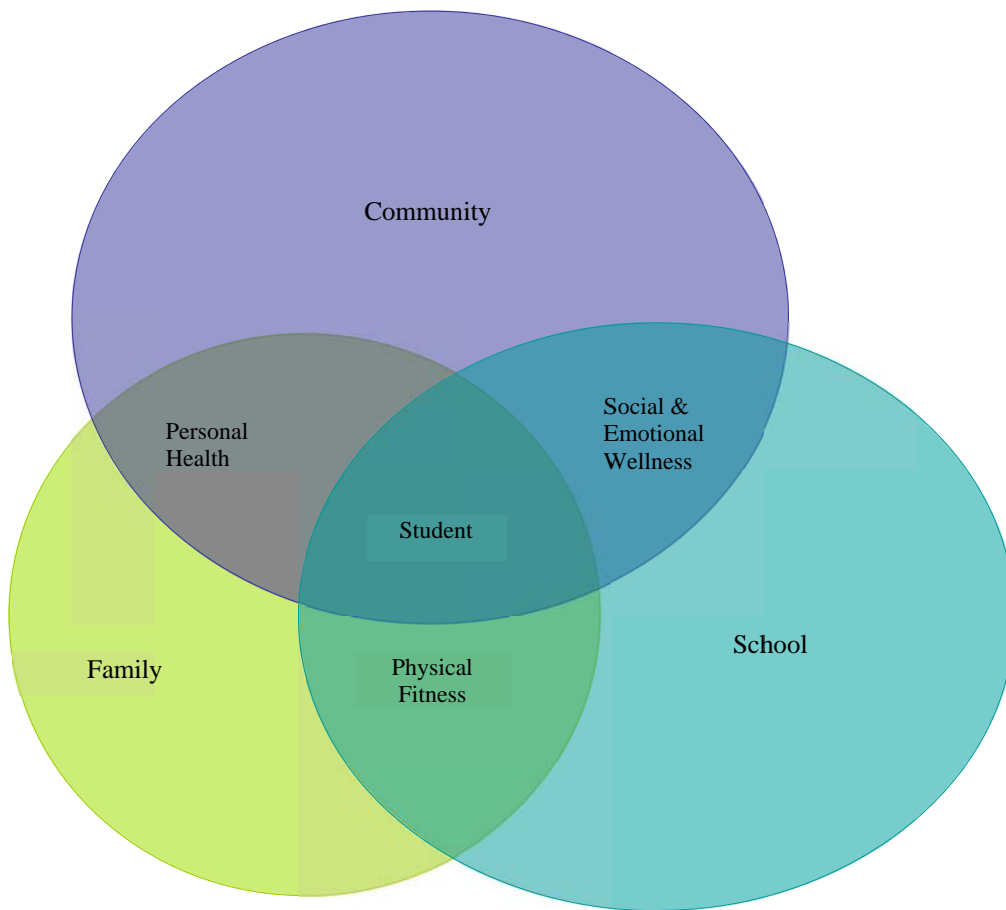


Milford School District Health and Wellness Guidelines

The mission of the Milford Health and Physical Education program is to provide students with the knowledge and skill to live a healthful life. The Healthy Living Schema of the whole child includes Physical Fitness, Personal Health, and Social and Emotional Wellness. Family, School and Community all contribute to the student's healthy development. The Physical Fitness component is developed in the Physical Education Curriculum. The Personal Health and Social & Emotional Wellness components are developed in the Health Curriculum.

Wellness and Healthy Living Schema



I. Nutrition Education

Our goal is to enable Milford students to obtain, interpret and understand basic health information and services and develop competence to utilize such information and services in ways that enhance healthful living.

The purpose of the Milford School District Health Education Curriculum is to ensure a continuous progression of skills and concepts to improve health, prevent disease and reduce health-related risk factors.

The curriculum emphasizes personal health and social and emotional wellness. Our students need to be able to choose and use appropriate resources and technologies to formulate wise choices.

The Health Education curriculum is a guideline for all who teach. Although the primary responsibility for the introduction of concepts and skills lies with the Regular Education and Health Education teachers, the application of these skills is the responsibility of all teachers in all content areas. The curriculum is based on the National and New Hampshire State Standards and the CCSSO-SCASS Health Education Assessment Project. This guide represents a continuum of developmentally appropriate Health Education benchmarks for students in grades R-12.

- Nutrition Education is made available to staff, students, parents/guardians, and the community.
- Nutrition Education is provided in many forms including handouts, bulletin boards, parent/staff newsletters, the school website, health / safety fairs, staff meetings, etc...
- While Nutrition Education is specifically a part of the health curriculum, it is incorporated cross curricular.
- The school nurse works with classrooms, parents, students, and staff on educational nutrition.
- Food Services design healthy menus, and encourage healthy choices, while food discussions and bulletin boards reinforce nutrition education.
- Staff are provided with and encouraged to participate in Professional Development Activities in the area of nutrition and health education.

II. Physical Activity

Our goal is to provide Milford students with the knowledge, skills and attitudes necessary for an active, healthful lifestyle in a dramatically increasing sedentary society.

The Milford School District Physical Education Curriculum has been created to ensure consistent and continuous development of physical, social and cognitive skills for a physically active lifestyle.

The curriculum emphasizes the following:

- Movement concepts and motor skills
- Lifetime fitness skills
- Social and emotional wellness skills

The Physical Education curriculum recognizes that our students need to be able to acquire the physical skills necessary to participate in appropriate, health enhancing, fitness activities of their choice and the cognitive and interpersonal skills necessary to implement strategies for lifetime physical, social and emotional well-being. It promotes developmentally appropriate daily physical activity and fitness, critical for the health and wellness of youth and adults in our society.

The Physical Education Curriculum is a guideline for all who teach. Although the primary responsibility for the introduction of concepts and skills lies with the Physical Education teachers, the applications of these skills are the responsibility of all teachers in all content areas. This guide represents a continuum of developmentally appropriate Physical Education benchmarks for students in grades R-12.

Additional physical opportunities are available to students at all levels:

Jacques and Heron Pond:

- FAB (Fresh Air Breaks), Walking Clubs, and after school ski programs
- Physical activities are offered at lunch times, which include team and individual sports (i.e. dodgeball, etc.)
- Daily recess for grades R through 5.

Middle School:

- Grade 6 is now recess 3 times / week
- Students in upper grades are offered Outdoor Directed Study time 2-3 times a week, which includes walking and/or sport activities– we average 2x’s a week
- Students are encouraged to participate in over 20 after school sports and clubs.

The following sports / clubs are offered:

Baseball	Field hockey	Spirit (Cheer)
Basketball	Golf	Track and Field
Cross Country	Lacrosse	Volleyball
Ski & snowboard program	Softball	Wrestling
Alpine ski	Soccer	Co-ed softball
Co-ed volleyball		

- Before and after school enrichment provides additional physical activities to students:

Fuel Up to Play 60	Open gym	School dances
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High School:

- Weight room facilities are open after school for students when volunteer staff is available for supervision. Supervision is provided.
- Basketball hoops are also available to students and are frequently used after school, including the Track & Field facility
- Students are offered a range of sports throughout the year:

Cross Country	Volleyball	Baseball
Football	Tennis	Lacrosse B-V /G-Club
Golf	Basketball	Outdoor Track and Field

Soccer	Indoor Track	Marching Band
Field Hockey	Swimming	Softball
Spirit (Cheer)	Wrestling	Alpine Skiing
Bass Fishing	Unified Basketball	Equine Club

District Wide:

- The district offers both competitive and non-competitive activities to encourage life-long wellness.
- Adaptive activities as well as modified programs are created to meet the developmental needs of all students, including those with disabilities.
- Class schedules are designed to integrate physical movement every 30-45 minutes (except at the high school level).
- Collaboration with the Milford Recreation Committee occurs to share ideas and help students find events / activities which are provided for all age groups.

Facilities:

- The district provides developmentally appropriate facilities and equipment to support physical activities for students.
- The district makes its facilities available to the community, such as Milford Community Athletic Association, Scouts, Town Recreation Department, Milford Christian Academy, etc...
- Local private golf, sports and fitness facilities provide opportunities for students and the community.

Training:

- Staff are provided with and encouraged to participate in Professional Development Activities in the area of physical education / activity.
- Efforts are made for all staff to be CPR / First Aid trained in the district. Trainers are also available within the district.

III. Nutrition Standards

Our goal is to provide Milford students with nutritious, healthy food and beverage choices distributed/sold during the school day enabling students to apply what they have learned about wellness and health to their daily food selections, and to establish positive lifelong habits.

All foods distributed/sold during the school day on school premises to which students have access (including school lunch and breakfast programs, snack bars, school stores, vending machines, fundraisers, and celebrations), will comply with standards set forth under the Healthy Hunger-Free Kids Act of 2010 (7 CFR Part 210 and Part 220), the current USDA Dietary Guidelines for Americans, State of New Hampshire Department of Education Minimum Standards for Public School Approval, other federal, state and local requirements, and with the following guidelines:

- Reimbursable school meals will meet the National School Lunch Program and School Breakfast Program requirements and nutrition standards found in federal regulations.
- Students are encouraged to make nutritious food choices.

- All food and beverages distributed/sold or served to students shall be monitored for nutrient content fat, sugar and sodium content, total calories.
- Vending policies and contracts with vendors are modified accordingly or terminated if the contracts do not meet the intent or purpose of this policy.
- Specific food and beverage guidelines are the following: Such foods and beverages which comply with the USDA *Smart Snacks In Schools* regulations (7 CFR Parts 210 and 22) which are summarized as follows:

Nutrition Standards for All Foods Sold in School – USDA 2013 Interim Final Rule Summary		
Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	To be allowable, a competitive FOOD item must: (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i> (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); <i>or</i> (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; <i>or</i> (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. *If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.	-Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. -Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. -Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	-Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. -Nuts and seeds and nut/seed butters are exempt from the total fat standard.

Food/Nutrient	Standard	Exemptions to the Standard
Total Fats continued...		<p>-Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard.</p> <p>-Seafood with no added fat is exempt from the total fat standard.</p> <p>Combination products are not exempt and must meet all nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<p>-Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.</p> <p>-Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.</p> <p>-Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.</p> <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion)	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	-Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.

Food/Nutrient	Standard	Exemptions to the Standard
Sugar continued...		<p>-Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</p> <p>-Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</p>
Sodium	<p>Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.</p>	<p>-Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.</p>
Accompaniments	<p>Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item</p>	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	

Beverages

Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> -Plain water or plain carbonated water (no size limit); -> Low fat milk, unflavored (≤ 8 fl oz); -> Non fat milk, flavored or unflavored (≤ 8 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; -> 100% fruit/vegetable juice (≤ 8 fl oz); and -> 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> -> Plain water or plain carbonated water (no size limit); -> Low-fat milk, unflavored (≤ 12 fl oz); -> Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; -> 100% fruit/vegetable juice (≤ 12 fl oz); and -> 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz). <p>High School</p> <ul style="list-style-type: none"> -> Plain water or plain carbonated water (no size limit); -> Low-fat milk, unflavored (≤ 12 fl oz); -> Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; -> 100% fruit/vegetable juice (≤ 12 fl oz); -> 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz); -> Other flavored carbonated water or non-carbonated beverages (≤ 20 fl oz) that are labeled to contain ≤ 5 calories per 8 fl oz, or ≤ 10 calories per 20 fl oz; and -> Other flavored carbonated water or non-carbonated beverages (≤ 12 fl oz) that are labeled to contain ≤ 40 calories per 8 fl oz, or ≤ 60 calories per 12 fl oz.
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In addition, the District, in accordance with the State of New Hampshire *Minimum Standards for Public School Approval* (Ed 306.02, Ed 306.04, and Ed 306.11), adopts The Alliance for a Healthier Generation list of competitive foods for schools, as amended from time to time which can be found at www.healthiergeneration.org/schools.

Departures from these guidelines are permitted for those with dietary needs following a medically prescribed regimen.

The District will employ a qualified food service manager at each of the school meal program locations in the District to oversee the operation of school meals; to maintain proper resources meeting federal, state and local requirements; and to maintain health requirements. All food service employees will obtain a certification of completion of an approved sanitation course within the first year of their employment.

IV. School Environment

Our goal is to promote student wellness through other school based activities such as those described in Section II.

Milford School District contains safe, clean, and enjoyable cafeterias, eating and activity spaces for students. This is accomplished by hiring and training experienced kitchen, custodial, and teaching staff. The district provides adult supervision for breakfast and lunch times to ensure the safety of students, as well as encourage healthy eating habits. Parent communication may occur in situations if specific concerns arise.

Lunch Times / Physical Activity:

	Breakfast	Length of Time	Lunch Times	Length of Lunch	Recess Times	Recess / Outdoor DS
Jacques	8:20-8:45	25 min.	12:00-12:20 12:25-12:45	20 min	AM recess Lunch time recess	15min (AM) 20 min. (PM)
Heron Pond	8:35-8:50	15 min.	11:15-1:35	25 min.	Gr. 2: AM and PM Gr. 3-5: PM recess	25-30 min(total)
Middle	7:15-7:30	15 min.	11:00-12:30	20 min.	Gr. 6/7/8: before or after lunch	20 min.
High School	7:10-9:45	Varies	11:08-12:20	22 min.	N/A	N/A
SAGE	9:00-9:15	15 min.	12:10-12:30	20 min	Breaks in the gym	15 min

Rewards:

- Food may occasionally be used as a part of an activity or whole class recognition / celebration. Foods used for activities or whole class recognition should follow the federal and state nutrition guidelines.

Serving areas:

- Sufficient space and serving areas are provided in all facilities.

Fundraising Activities:

- District / school sponsored non-food fundraising activities, which include hat days, raffles, valentine-grams, etc...are encouraged.
- The School District will work with non-school groups (Boosters, PTO, etc....) to encourage nutritional standards in fundraising activities if food is involved.

Role Models:

- Strategies for parents, teachers, administrators, students and food service professionals to act as healthy role models are provided in Section I and II above. Healthy eating and physical activity are encouraged.

Outside Facilities:

- Numerous outside school activities / opportunities are made available to students outside of school hours (See Section II).

V. Evaluation

(See District Wellness Policy2285)

VI. Policy Development Committee

(See District Wellness Policy2285)

November 2014