

Policy Development Committee Agenda

6/2/2023

7:00 A.M. ~ Gilford High School Library

Policies to Review

JLJ – Student Wellness Policy

JLC – Student Health Services

JICH – Drug and Alcohol Use by Students

EBBC – Emergency Care and First Aid

STUDENT WELLNESS POLICY

1. Goals/Mission Statement

The Gilford School District promotes healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential.

2. Nutrition Standards

The Gilford School District strongly encourages the sale and distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverages, and candy on school grounds.

A. Guidelines for food and beverages in the school lunch program:

The School Food Service Program shall provide healthy meal choices for students and adults ensuring that meals offered meet or exceed the federal guidelines. Menus will be written that are consistent with the Healthy Hunger-Free Kids Act of 2010.

Healthy Hunger-Free Kids Act of 2010

The guidelines released by the USDA and the Health and Human Services, provide authoritative advice for people two years of age and older about how proper dietary habits can promote health and reduce the risk of major chronic diseases.

MyPlate replaces the Food Guide Pyramid that was introduced in 1992. MyPlate is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle. MyPlate incorporates recommendations from the 2010 Dietary Guidelines for Americans. Some of the highlights include:

- Make half your plate fruits and vegetables
- Switch to skim or 1% milk
- Make at least half your grains whole
- Vary your protein food choices
- Keep your food safe to eat – learn more at <http://foodsafety.gov/>
- Remember to include exercise, daily.

References: Healthy Hunger-Free Kids Act of 2010 available at www.fns.usda.gov/tags/hhfka

MyPlate available at <http://www.choosemyplate.gov>

Dietary Guidelines 2010 at <http://www.health.gov/dietaryguidelines/2010.asp>

B. Food and beverages in a la carte school lunch sales shall meet the USDA Smart snacks in School Guidelines:

Food Items

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: $\leq 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Trans fat: zero grams
- Sugar limit:
 - $\leq 35\%$ of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

Beverages

- Plain water (with or without carbonation);
 - Unflavored low fat milk;
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP;
 - 100% fruit or vegetable juice; and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
 - No more than 20-ounce portions of:
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of:
 - Beverages with \leq 40 calories per 8 fluid ounces, or \leq 60 calories per 12 fluid ounces.

C. Guidelines for food and beverages sold in vending machines and school stores on school campuses:

- Only foods that meet the nutrition and portion size standards for a la carte school lunch sales will be sold in vending machines and school stores on school campuses. Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items where practical.

D. Guidelines for food and beverages sold as part of school sponsored fundraising activities:

- Only foods that meet the nutrition and portion size standards for a la carte school lunch sales standards may be sold at fundraisers on the school campus during school hours;
- The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events;
- The school day is defined as the period from midnight, to 30 minutes after the end of the official school day; and
- NH DOE will allow each school to hold up to nine exempt bake sales or fundraisers, which are one day in duration, per school year.
- *Note:* No exempt fundraiser/bake sale foods or beverages may be sold in competition with school meals in the food service area during the meal service.

E. Guidelines for food and beverages served at parties and celebrations during the school day:

- Schools may hold an unlimited number of parties or celebrations if the food they are serving meets the nutrition and portion size standards for a la carte school lunch sales;
- Schools should limit parties and celebrations that involve food that do not meet the nutrition and portion size standards for a la carte school lunch sales during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards. Foods or beverages that do not meet the nutrition and portion size standards for a la carte school lunch sales will be served in single serving portions only.

F. Guidelines for food and beverages served at snack time and at after-school, summer school, and extended day programs:

- Snacks served during the school day or in after-school or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as primary snacks and water, lowfat milk, and 100% fruit juice as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. When snacks, other than fruits and vegetables are served, only foods that meet the nutrition and portion size standards for a la carte school lunch sales will be served. (Unless this practice is allowed by a student's individual education plan – IEP.) Schools will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

G. Guidelines for food and beverages served as rewards and prizes:

- Schools will not use foods or beverages as rewards or prizes for academic performance, good behavior, or achieving a class or school fundraising goal. Schools will not withhold food or beverages (including food served through school meals) as a punishment.

H. Guidelines for food and beverages served at school- sponsored events:

- Schools are encouraged to offer or sell foods and beverages that meet the nutrition and portion size standards for a la carte school lunch sales at school-sponsored events. No foods or beverages that do not meet the nutrition and portion size standards for a la carte school lunch sales will be served on school campuses from midnight to 30 minutes after the end of the official school day.

I. Guidelines for food and beverages served as a part of a school project or as an extenuation of the class curriculum:

- Teachers are encouraged to include foods that meet the nutrition and portion size standards for a la carte school lunch sales when food and beverages are served that are a part of a school project or served as an extension of the class curriculum should be encouraged. Foods or beverages that do not meet the nutrition and portion size standards for a la carte school lunch sales will be served in single serving portions only.

J. Guidelines for food and beverages served as a part of a parent-sponsored function:

- Parents are encouraged to include foods that meet the nutrition and portion size standards for a la carte school lunch sales when food and beverages are served that are a part of a parent-sponsored function or served as an extension of the class curriculum. Foods or beverages that do not meet the nutrition and portion size standards for a la carte school lunch sales will be served in single serving portions only.

References: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

3. Physical Activity Goals

The primary goal for the Gilford School District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physical and healthy lifestyle.

4. Physical Activity Standards

- Students should be given opportunities for physical education during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramural, interscholastic athletics, and physical activity clubs.
- Work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Provide training to enable teachers, and other school staff to promote wellness and enjoyable, lifelong physical activity among students.

Current GSD policy. Suggest replacing with NHSBA sample policy JLCF.

5-16-2023 Wellness Committee

6-2-2023 Policy Committee

5. Nutrition Education Goals (Student/Staff/Parents)

Healthy living skills and interactive nutrition curricula shall be taught as part of the regular instructional program and all schools should provide the opportunity for all students to understand and practice concepts and skills related to health promotion and lifelong healthy eating behaviors.

- Each school shall provide for an interdisciplinary, skill-based health and nutrition education program.
- Students shall have access to valid and useful health/nutrition information and health/nutrition promotion products and services.
- Students shall have the opportunity to practice behaviors that enhance health and nutrition and/or reduce health risks during the day and as part of before and after school programs.

6. Food or Physical Activity as Incentives, Rewards or Punishments

- The use of food as an incentive, reward, or punishment shall be prohibited in all schools.
- The use of physical activity as a punishment shall be prohibited in all schools.
- Student participation in recess or other physical activities shall not be denied as a form of discipline or classroom make-up time.
- Alternative physical activities may be implemented on an individual basis.

7. Setting Goals for Measurement and Evaluation

A sustained effort is necessary to assure that the nutrition policies are faithfully implemented. Prior to the end of each school year, there should be an annual assessment of how well the nutrition policy is being managed and enforced. (See Appendices – Nutrition Policy Assessment Form) The policy should be updated or amended when necessary as the process moves on. The school district or individual schools should celebrate policy success milestones.

8. Section 204 of Public Law 111-296

Section 204 of Public Law 111-296 December 13, 2010
Healthy Hunger-Free Reauthorization Act 2010

Current GSD policy. Suggest replacing with NHSBA sample policy JLCF.

5-16-2023 Wellness Committee

6-2-2023 Policy Committee

JLJ
Page 7 of 7

LOCAL WELLNESS POLICY

- 1) Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
- 2) Insures nutritional guidelines for all foods available on each school campus during the school day are consistent with USDA's meal pattern requirements and the nutrition standards for competitive foods, and designed to promote student health and reduce childhood obesity;
- 3) Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
- 4) Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.
- 5) All public documents that relate to the Gilford School District's wellness policy will be displayed on the SAU Services tab of the Gilford School District's website. Posted information will include, but will not be limited to, the District's wellness policy, Wellness Committee meeting minutes and the tri-annual wellness policy assessment.

(Adopted: 8/15/2006)

(Revised: 2/2/2015, 4/6/2015, 4/2/2018)

WELLNESS

The Board 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 Board also recognizes that health and student success are inter-related. It is, therefore, the goal of the Board that the learning environment positively influences a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff and schools in the District.

I. DISTRICT WELLNESS COMMITTEE.

The Superintendent, in consultation with the Director of Food Service, will facilitate development of updates to the District Wellness Policy, subject to School Board approval, and will oversee compliance with the policy. In addition, the Superintendent shall designate a Building Wellness Coordinator for each school to help ensure compliance with this policy at the building level.

The Superintendent shall convene a representative "District Wellness Committee" (or "Wellness Committee"), whose functions will include review and recommendations regarding implementation of and updates to this policy, and establishment of specific goals for nutrition promotion, education and physical activity.¹

The Superintendent or his/her designee shall serve as the Chairperson of the District Wellness Committee, and shall maintain an updated roster of Building Wellness Coordinators and other persons serving on the Committee.

The District Wellness Committee shall meet no less than three times per school year.

The District Wellness Committee should represent each school and the diversity of the community, and to the extent feasible include the Superintendent or her/his designee, the Food Service Director, each Building Wellness Coordinator, parents, students, physical education teachers, health education teachers, school counselors, school administrators, a school board member, outside health professionals, individual school building representatives, and members of the public.

Staff appointments to the Wellness Committee will be made by the Superintendent. The School Board shall appoint the School Board member. Remaining members, other than those who are ex officio, shall be appointed and approved by the Wellness Committee.

¹ *Districts with more than 1-2 schools might also consider building level wellness committees, to assist the district committee in the assessment & implementation functions. [Remove entire footnote before finalizing]*

WELLNESS

As a statutory committee, the Wellness Committee shall comply with the requirements of RSA 91-A regarding meetings.

II. WELLNESS POLICY MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT.

A. Annual Notification of Policy.

The District will annually inform families and the public of basic information about this policy, including its content, any updates to the policy, and implementation status. The District will make this information available via the district website. This information will include the contact information of the District official(s) chairing the Wellness Committee (i.e., the Superintendent or his/her designee) and any Building Wellness Coordinator(s), in addition to on how the public can get involved with the District Wellness Committee.

B. Triennial Progress Assessments.

Every three years, the Food Services Director will assess:

- The extent to which each of the District's schools are in compliance with the wellness policy;
- The extent to which the District Wellness Policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of the District's Wellness Policy.

The Wellness Committee will make recommendations to update the District Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Board will review and act upon such assessments as required or as the Board deems appropriate.

C. Recordkeeping.

The Superintendent will retain records related to this Policy, to include at least the following:

- The District Wellness Policy;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation on how the District Wellness Policy and Policy assessments are/were made available to the public;
- Documentation confirming annual compliance with the requirement that District Wellness Policy, including updates, and the most recent assessment on the implementation of the Policy have been made available to the public; and

WELLNESS

- Documentation of efforts to review and update the District Wellness Policy; including who is/was involved in each update and methods the District uses to make stakeholders aware of opportunities to participate on the District Wellness Committee.

D. Community Involvement, Outreach and Communications.

The District will communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents/guardians of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

III. NUTRITION.

A. School Meals.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) *and the School Breakfast Program (SBP)*. District schools are committed to offering school meals that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Promote healthy food and beverage choices; and
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards, which may be found at:

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

B. Staff Qualifications and Professional Development.

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for school nutrition professionals, which may be found at:

<https://www.fns.usda.gov/school-meals/professional-standards>

C. Water.

To promote hydration, free, safe, unflavored drinking water will be available to all students at every school throughout the school day.

WELLNESS

Students shall be permitted to bring water bottles to school that:

- (1) Are made of material that is not easily breakable;
- (2) Have lids to prevent spills; and
- (3) Are filled exclusively with water

School Principals may discipline students for the misuse of water bottles, consistent with Board policy JICD.

D. Competitive Foods and Beverages and Marketing of Same in Schools.

“Competitive foods and beverages” (i.e., foods and beverages sold and served or marketed during the school day, but outside of the school meal programs) must meet the USDA Smart Snacks in School nutrition standards, which may be accessed at:

<https://www.fns.usda.gov/school-meals/smart-snacks-school>

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias and vending machines.

Except as may be provided elsewhere in this Policy, any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools, including, but is not limited to:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (*note*: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.).
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

WELLNESS

Corporate brand names, logos, and trademarks for companies that market products that comply with the USDA Smart Snacks in School nutrition standards will not be prohibited because they offer some non-compliant food or beverage items in their product line. Likewise, the marketing restrictions do not apply to clothing or other examples of expression which include brand information for non-compliant food or beverage items.

As the District, school athletic department, and parent teacher associations review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

E. Celebrations and Rewards.

All foods offered during the school day on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards.² Foods and beverages will not be used as a reward or withheld as punishment for any reason. The District's School Nutrition Services will make available a list of healthy party ideas to parents and teachers, including non-food celebration ideas, and a list of foods and beverages which meet Smart Snack nutrition standards.

F. Food Sale Fundraising.

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraising groups are encouraged to choose non-food fundraisers, and to consider healthy fundraising ideas. Notwithstanding this provision, each school may allow up to nine³ bake sales or other fundraising food sales of non-compliant foods (i.e., that do not meet Smart Snack standards), which are no more than one day in duration each.

G. Nutrition Promotion.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will include.⁴

² Federal law encourages, but does not require, Smart Snack standards to apply to foods or snacks that are NOT promoted or offered for sale during the school day. Individual districts may use alternative standards that are "more or less stringent" than the Smart Snack standards, but the Policy must include the guidelines for those snacks. Accordingly, if the district chooses to loosen the restrictions on food for such things as class celebrations or snacks, the policy should clearly articulate the alternative standards.

³ The nine bake sale exemption is found in a N.H. Dept. of Education Technical Advisory dated September 13, 2017. Districts may adopt more stringent limitations.

⁴ The policy is required to have at least one "measurable goal for nutrition promotion in the school". The second bullet in this Section G articulates one such goal.

WELLNESS

- Implementation of at least [redacted] or more evidence-based healthy food promotion techniques in the school meal programs using methods included in the Smarter Lunchroom Movement, which may be found at:

<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>

- Ensuring 100% of foods and beverages promoted to students during the school day meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available through the Smart Flood Planner of the Alliance for a Healthier Generation, available at:

<https://www.healthiergeneration.org/our-work/business-sector-engagement/improving-access-to-address-health-equity/smart-food-planner>

H. Nutrition Education.

The District will teach, model, encourage and support healthy eating by all students.⁵

- Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- Nutrition education posters will be displayed in each school cafeteria.
- Consistent nutrition messages shall be disseminated throughout the school.

Schools should provide additional nutrition education that⁶:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- To the extent practicable is integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- May include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

⁵ The policy is required to have at least one "measurable goal for nutrition education". Included in the policy text above are examples.

⁶ These bulleted items may be refashioned into measurable goals and included immediately above.

WELLNESS

- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

IV. PHYSICAL ACTIVITY.

The District will provide physical education consistent with national and state standards. Physical activity⁷ during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason.

A. Classroom Physical Activity Breaks.

In addition to any recess periods provided in the ordinary daily schedule, students will be offered **periodic opportunities** to be active or to stretch throughout the day. The District recommends teachers provide short ([3-5]-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

B. Before and After School Activities.

The District offers opportunities for students to participate in physical activity after school through interscholastic and intramural sports and clubs.

C. Walking and Biking to School.

The District will support walking or biking to school by students or faculty only if determined safe by the building principal.

V. MENTAL HEALTH WELLNESS.

The Gilford School District recognizes the need for Mental Health Wellness for learners and staff to be successful in the school setting. The District will provide access to information, resources, and activities that support mental health wellness for learners and staff. Each school counseling office will offer and promote local and state resources that learners and their families may access outside of school. Staff should reach out to the District Human Resource

⁷ The policy is required to have at least one “measurable goal for physical activity”. Classroom physical activity breaks are one such example. Before and after school activities are more likely to meet the “measurable goal” requirement if the provision includes specific activities. Other examples include such things as community use of school athletic facilities and equipment, “walk to school” days. Further suggestions, as well as more comprehensive and coordinated physical activity programs, may be found in materials on the Alliance for a Healthier Generation site: <https://www.healthiergeneration.org/resources/physical-activity>

WELLNESS

office for local and state mental health resources offered. The Human Resource office will also share mental health resources offered through the employee health plan.

VI. OTHER ACTIVITIES TO PROMOTE STUDENT WELLNESS.

The District will endeavor to integrate wellness activities across the entire school setting, not just in the cafeteria or physical education and athletic facilities.⁸ In furtherance of this objective, each school in the District will *[identify at least one activity or list of options with a requirement to engage in one or more]* each school year.

VII. PROFESSIONAL LEARNING.

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).

Legal References:

42 U.S.C. 1751, Richard B. Russell National School Lunch Act

42 U.S.C. 1771, Child Nutrition Act of 1966

Section 204 of Public Law 108-265, Child Nutrition and WIC Reauthorization Act of 2004

The Healthy Hunger-Free Kids Act of 2010

7 C.F.R 210, National School Lunch Program

7 C.F.R 220, School Breakfast Program

RSA 189:11-a, Food and Nutrition Programs

N.H. Dept. of Education Administrative Rule - Ed 306.04 (a)(20), Wellness

N.H. Dept. of Education Administrative Rule - Ed 306.11 (g), Food and Nutrition Services

N.H. Dept. of Education Administrative Rule - Ed 306.38 (b)(1)b, Family and Consumer Science Education Program (middle schools)

N.H. Dept of Education Administrative Rule - Ed 306.40, Health Education Program

NHSBA history: Revised – August 2022, June 2020, May 2014, September 2009, February 2006

⁸ *The policy is required to include at least one measurable goal for “other school-based wellness activities”. The range of options here is extremely broad, but the policy must state at least one measurable goal. Examples include information dissemination, family engagement, farm-to-table, health fairs, school gardens, partnerships with community health/nutrition organizations. Again, additional resources are available through the Alliance for a Healthier Generation site.*

New Hampshire School Boards Association sample policy. Suggest replacing current GSD policy with this sample policy.

JLCF

5-16-2023 Wellness Committee

6-2-2023 Policy Committee

WELLNESS

NHSBA revision notes, August 2022, revised JLCF §III-C (“Water”) to reflect SB 233 (2022 N.H. Laws Ch. 149) which amended RSA 200:11-b, by (1) adding that students shall be permitted to bring certain types of water bottles to schools, (2) stating that Principals may enact discipline for misuse of water bottles; and (3) requiring all renovated or newly constructed public school buildings to have water bottle filling stations. **June 2020**, JLCF was completely revised to conform to current federal regulations pertaining to school lunch and school breakfast programs, and N.H. Department of Education guidelines.

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STUDENT HEALTH SERVICES

The Board may appoint a school nurse to function in the school health program and to provide school health services. A school nurse shall be a registered professional nurse licensed in New Hampshire. The Board may employ or contract with a Licensed Practical Nurse (LPN) or a Licensed Nursing Assistant (LNA) to work under the direct supervision of the school Registered Nurse (RN).

Responsibilities of the school nurse include, but are not limited to: providing direct health care to students and staff; providing leadership for the provision of health services; promoting a healthy school environment; promoting health; serving in a leadership role for health policies and programs; and serving as a liaison between school personnel, family, community, and health care providers. Additionally, the school nurse is responsible for developing procedures to address and meet special physical health needs of students. Such procedures may be developed and implemented on a case-by-case basis.

All injuries or illnesses occurring during the school day are to be reported to the school nurse or the building principal. Students attending school during the extended day, night, or summer school programs, or any other time when the school nurse is not in the building, are to report to the supervising adult. The school nurse, principal or designee will notify parents/guardians before a student who is injured or ill is permitted to go home. Students will not be allowed to leave school without first notifying either the school nurse or principal of his/her injury or illness. Additionally, parent/guardian notification and authorization is necessary before any student will be released from school due to injury or illness.

Emergency medical care will be provided pursuant to the guidelines of Board Policy EBBC.

Any pupil who is required to take prescribed medication during the school day will do so consistent with the provisions of Department of Education Rule 311.02. Clarification of these provisions are in Board Policy JLCD.

In addition to the provisions of this policy, the school nurse is responsible for the oversight of other school services, including but not limited to: assessing and responding to student health needs, maintaining accurate health records, screening for vision, hearing and BMI according to national recommendations, participating on 504 and IEP teams (if requested), health promotion, disease and injury prevention initiatives, student wellness, and other responsibilities and services as dictated by law or Board policy.

Legal References:

RSA 200:27, School Health Services

RSA 200:29, School Nurse

RSA 200:31, School Health Personnel

RSA 326-B, Nurse Practice Act

NH Code of Administrative Rules, Section Ed 306.12(b), School Health Services

NH Code of Administrative Rules, Section Ed 311, School Health Services

(Adopted: 5/3/2010)

STUDENT HEALTH SERVICES & SCHOOL NURSES - JLC

Category: Priority/Required by Law

- A. General Health Services: The Board may appoint one or more school nurses to carry out appropriate school health-related activities.
- B. School Nurse Qualifications and Responsibilities. A school nurse shall be a registered professional nurse licensed in New Hampshire and certified by the New Hampshire Department of Education. The Board may employ or contract with a Licensed Practical Nurse (LPN) or a Licensed Nursing Assistant (LNA) to work under the direct supervision of the school Registered Nurse (RN). As provided by New Hampshire law, the school nurse is responsible for any delegation of health care tasks.

Responsibilities of the 21st century school nurse include, but are not limited to: providing direct health care to students; providing leadership, care coordination and qualitative improvement of school health services; promoting a healthy school environment and control/surveillance of infectious diseases; promoting health; serving in a leadership role for health policies and programs; and serving as a liaison between school personnel, family, community, and health care providers. Additionally, the school nurse is responsible for the oversight of other school services, including but not limited to: assessing and responding to individual student health needs through Individual Healthcare Plans, maintaining accurate health records, participating on 504 and IEP teams (as needed or required), health promotion, disease and injury prevention initiatives, student wellness, and other responsibilities and services as dictated by law or Board policy. Finally, the school nurse will assist the administration in developing/updating forms necessary and appropriate for health-related issues (e.g., emergency, individual student health needs, administration of medication, etc.).

- C. Injuries, Illnesses and Medications. Emergency medical care will be provided pursuant to Board Policy **{**}**EBBC/JLCE.

Any pupil who is required to take prescribed medication during the school day will do so consistent with the provisions of Department of Education Rule 311.02 and Board Policy **{**}**JLCD.

Injuries and illnesses occurring during the school day are to be reported to the school nurse or the building principal. Accidents shall be reported in accordance with Board Policy **{**}**EBBC. Students attending school during the extended day, night, or summer school programs, or any other time when the school nurse is not in the building, are to report all illnesses and injuries to the supervising adult. Students will not be allowed to leave school due to injury or illness without first notifying either the school nurse or principal as well as

STUDENT HEALTH SERVICES & SCHOOL NURSES - JLC

the student's parent/guardian or other person identified on the student's emergency contact form on file with the school.

Legal References:

RSA 200:27, School Health Services

RSA 200:29, School Nurse

RSA 200:31, School Health Personnel

RSA 326-B, Nurse Practice Act

NH Code of Administrative Rules, Section Ed 306.12(b), School Health Services

NH Code of Administrative Rules, Section Ed 311, School Health Services

NHSBA history: Revised – June 2020, May 2008, February 2007, November 1999 and July 1998.

NHSBA revision notes, June 2020, NHSBA revised JLC as part of a health policy overhaul with assistance from the NH School Nurses Association. Revisions to JLC included changes to reflect the recent requirement that school nurses have DOE certification, a title change, reference to individual health care plans, and a clarification of some of the responsibilities relative to school nurses and school health services in general.

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DRUG AND ALCOHOL USE BY STUDENTS

The School Board is concerned with the health, welfare and safety of its students. Therefore, the use, sale, transfer, distribution, possession or being under the influence of unauthorized prescription drugs, alcohol, narcotics, unauthorized inhalants, controlled substances, and illegal drugs is prohibited on any school district property, in any district-owned vehicle, or in any other district-approved vehicle used to transport students to and from school or district activities. This prohibition also applies to any district-sponsored or district-approved activity, event or function. The use, sale, transfer or possession of drug-related paraphernalia is also prohibited.

For the purposes of this policy, a controlled substance shall include any controlled substance as defined in the Controlled Substances Act, 21 U.S.C. § 812(c), or RSA 318-B, Controlled Drug Act.

Students may only be in possession of medication as detailed in Board Policy JLCD. Searches of persons reasonably suspected to be in violation of this policy will be conducted in accordance with Board Policy JIH.

Any student who is found by the administration to be in violation of this policy shall be referred for prosecution and subject to disciplinary action up to and including suspension, expulsion or other discipline in accordance with the District's disciplinary policy. Strict compliance is mandatory. The school Principal shall immediately report all incidents involving a controlled substance to the appropriate local law enforcement agency and the Superintendent. All controlled substances shall be turned over to local law enforcement.

Students with disabilities who violate this policy will be disciplined in accordance with the student's Individual Education Program (IEP.)

Legal References:

21 U.S.C. § 812(c), Controlled Substances Act

RSA 318-C, Controlled Drug Act

RSA 571-C:2, Intoxicating Beverages at Interscholastic Athletic Contests

(Adoped: 3/4/2013)

EMERGENCY CARE AND FIRST AID

All School personnel have responsibilities in connection with injuries and emergencies occurring in school and at school-sponsored events, which may be classified as follows: (1) administering first aid; (2) summoning medical assistance; (3) notifying administration; (4) notifying parents; and (5) filing accident/injury reports.

School personnel must use reasonable judgment in handling injuries and emergencies. Caution should be exercised not to minimize or maximize any injury or illness. All personnel will understand the proper steps to be taken in the event of an injury or emergency.

The Superintendent will ensure that at least one other person on staff, aside from the school nurse, has current first aid and cardiopulmonary certification (CPR). If the school nurse or licensed practical nurse is not available, the person(s) who have current first aid and CPR certification is authorized to administer first aid and CPR as needed.

The school will obtain at the start of each school year emergency contact information of parents or legal guardian for each student and staff member.

The school physician, school nurse, or specially trained staff members shall assist in the treatment of injuries or emergency situations. Such individuals have the authority to administer oxygen in case of a medical emergency, if available and if appropriate. This authorization extends to administering oxygen to students without prior notification to parents/guardians.

The school nurse or other designated personnel may administer other medications to students in emergency situations, provided such personnel has all training as is required by law. Such medication may also be administered in emergency situations if a student's medical action plan has been filed and updated with the school district to the extent required by law. The district will maintain all necessary records relative to the emergency administration of medication and will file all such reports as may be required.

Additionally, the school physician, school nurse, or specially trained staff members may also administer epinephrine to any student in case of a medical emergency, if appropriate. This authorization extends to administering epinephrine without prior notification to parents/guardians.

For significant injuries, the staff person witnessing the event must fill out an accident report, which must be submitted to administration so that he/she is informed and a basis is established for the proper processing of insurance claims and remediation if necessary.

The District makes it possible for parents to subscribe to student accident insurance at low rates. This program is offered each year during September. The District does not provide student accident insurance.

Legal References:

RSA 200:40, Emergency Care

RSA 200:40-a, Administration of Oxygen by School Nurse

RSA 200:44-a, Anaphylaxis Training Required

RSA 200:54, Supply of Bronchodilators, Spacers or Nebulizers

RSA 200:55, Administration of Bronchodilator, Space or Nebulizer

Ed 306.04(a)(21), Emergency Care For Students And School Personnel

Ed 306.12, School Health Services

Appendix: JLCE-R

(Adopted: 4/07/08)

(Revised: 1/09/17)

New Hampshire School Boards Association sample policy JLCE. Suggest replacing current GSD policy EBBC with this sample policy.
6-2-2023 Policy Committee

EMERGENCY CARE & FIRST AID JLCE/EBBC

Category: Priority/Required by Law

*Identical policy: EBBC†
Related policies: EBBB, JLC & JLCD*



ADOPTION/REVISION NOTES –

Text between the highlighted lines “~ ~ ~”, and highlights in this sample should be removed prior to adoption.

- (a) †*This policy is coded in two sections, Support Services (EBBC) and Students (JLCE). The two policies used to be written separately for each section/application, but have now been merged into this one version. Districts may, but need not, maintain both. If choosing to maintain one, NHSBA recommends using JLCE, and further that the board formally withdraw the other policy, with a permanent record of the withdrawn policy. See 2020 NHSBA Spring Update sample JFA-R for what record of a withdrawn policy might look like.*



All School personnel have responsibilities in connection with injuries and emergencies occurring in school and at school-sponsored events, which may be classified as follows: (1) administering first aid; (2) summoning medical assistance; (3) notifying administration; (4) notifying parents; and (5) filing accident/injury reports.

School personnel must use reasonable judgment in handling injuries and emergencies. Caution should be exercised not to minimize or maximize any injury or illness. All personnel will understand the proper steps to be taken in the event of an injury or emergency.

The Superintendent will ensure that at least one other person on staff, aside from the school nurse, has current first aid and cardiopulmonary certification (CPR). If the school nurse or licensed practical nurse is not available, the person(s) who have current first aid and CPR certification is authorized to administer first aid and CPR as needed.

The school will obtain at the start of each school year emergency contact information of parents/guardians for each student and staff member.

The school physician, school nurse, or specially trained staff members shall assist in the treatment of injuries or emergency situations. Such individuals have the authority to administer oxygen in case of a medical emergency, if available and if appropriate. This authorization extends to administering oxygen to students without prior notification to parents/guardians.

**New Hampshire School Boards Association sample policy JLCE. Suggest replacing current GSD policy EBBC with this sample policy.
6-2-2023 Policy Committee**

EMERGENCY CARE & FIRST AID JLCE/EBBC

The school nurse or other designated personnel may administer other medications to students in emergency situations, provided such personnel has all training as is required by law. Such medication may also be administered in emergency situations if a student's medical action plan has been filed and updated with the school district to the extent required by law.

Consistent with state law, the school nurse may maintain a supply of asthma related rescue medication and the emergency medication epinephrine. The school physician, if any, the school nurse, or specially trained staff members may also administer epinephrine to any student in case of a medical emergency, if appropriate. This authorization extends to administering epinephrine without prior notification to parents/guardians. The school nurse or other designated personnel may administer or make available to self-administer a bronchodilator, spacer, or nebulizer to a student who has been diagnosed with asthma for use in emergency or other situations as determined by the school nurse.

The district will maintain all necessary records relative to the emergency administration of medication and will file all such reports as may be required under Board policy **{**}**JLCD, or applicable laws or regulations.

Accident reports must be prepared and filed consistent with Board policy **{**}**EBBB.

The District makes it possible for parents/guardians to subscribe to student accident insurance at low rates. This program is offered each year during September. The District does not provide student accident insurance.

Records related to the emergency administration of any medication under this policy shall be made and maintained by the school nurse as provided in Board policy **{**}**JLCD and District procedures **{**}**JLCD-R. The school nurse will follow other first aid reporting protocols, as may be determined by other Board policy or administrative directive.

Naloxone/Narcan and Opioid Antagonists: footnote¹

The Board authorizes the District to obtain, store and administer naloxone/Narcan and/or other opioid antagonists for emergency use in schools.

¹Please note this policy is required by law. However, the provisions relative to naloxone/Narcan are not required by law and are provided as guidance only. NHSBA recommends these provisions by review by necessary school district staff and, if necessary, by local legal counsel prior to adoption.

**New Hampshire School Boards Association sample policy JLCE. Suggest replacing current GSD policy EBBC with this sample policy.
6-2-2023 Policy Committee**

EMERGENCY CARE & FIRST AID JLCE/EBBC

The school nurse or other properly trained staff member may administer such medication in emergency situations. Opioid antagonists will be available during the regularly scheduled school day. They may be available at other times at the discretion of the Superintendent.

The Superintendent is authorized to procure such medication on behalf of the District.

All such medication will be clearly marked and stored in a secure space in the school nurse's office or other appropriate location. The school nurse is responsible for storing the medication consistent with the manufacturer's instructions and Board policy **{**}**JLCD and District procedures **{**}**JLCD-R.

Local law enforcement and emergency medical service personnel will be notified if such medication is administered by the District.

Legal References:

RSA 200:40, Emergency Care

RSA 200:40-a, Administration of Oxygen by School Nurse

RSA 200:44-a, Anaphylaxis Training Required

RSA 200:54, Supply of Bronchodilators, Spacers or Nebulizers

RSA 200:55, Administration of Bronchodilator, Space or Nebulizer

Ed 306.04(a)(21), Emergency Care For Students And School Personnel

Ed 306.12, School Health Services

When adopting this sample or variation of the same, a district should not include the NHSBA history or NHSBA policy notes appearing below. The district should, to the extent possible, include its own adoption/revision history, as well as the legal references and disclaimer as indicated above.

NHSBA history: Revised – July 2020, Sept. 2016, April 2016, May 2014, Aug. 2008, Feb. 2007, Oct. 2005

NHSBA revision notes, June 2020, amendments, made with the assistance of the New Hampshire School Nurses Association, included removal of redundancies/conflicts with other policies, and language changes to better reflect statutory or regulatory provision; **September 2016,** Amendments included provisions reflecting enactment of RSA 200:44-a, relative to epinephrine, and 200:53-57 relative to use of bronchodilators, spacers and nebulizers in school; **April 2016,** policy was amended to include provisions regarding obtaining and administration of naloxone/Narcan and other opioid antagonists.