

# Policies for Review - 1<sup>st</sup> Reading

## September 11, 2023

JLJ - Student Wellness Policy

JLC - Student Health Services

JICH - Drug and Alcohol Use by Students

## **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](http://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:  $\leq 200$  calories
  - Entrée items:  $\leq 350$  calories
- Sodium limits:
  - Snack items:  $\leq 230$  mg\*\*
  - Entrée items:  $\leq 480$  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  $\leq 200$  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:**

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

*5-16-2023 Wellness Committee*

*6-2-2023 Policy Committee*

*9-11-2023 First Reading*

**JLJ**

**Page 4 of 7**

- 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 extension of the class curriculum:**

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

*5-16-2023 Wellness Committee*

*6-2-2023 Policy Committee*

*9-11-2023 First Reading*

- 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 extenuation 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 extenuation 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](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*

*9-11-2023 First Reading*

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

**JLJ**  
**Page 6 of 7**

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*

*9-11-2023 First Reading*

**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" 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.<sup>1</sup>

The Superintendent or 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 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.

---

<sup>1</sup> 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]

*New Hampshire School Boards Association sample policy with added language and edits from the Policy Committee. Suggest replacing current GSD policy with this sample policy. JLCF*  
*5-16-2023 Wellness Committee*  
*6-2-2023 Policy Committee*  
*9-11-2023 First Reading*

## 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 and 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 District Wellness Committee 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.

**The District will continue relationships with community partners in support of this wellness policy's implementation.**

**The District Wellness Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/healthy choice management that are accessible and free or low-cost.**

## **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>***

## WELLNESS

### **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.

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.

## WELLNESS

- 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.

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~~**should** meet or exceed the USDA Smart Snacks in School nutrition standards.<sup>2</sup> 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 nine<sup>3</sup> bake sales or other

---

<sup>2</sup> 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.

<sup>3</sup> 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.

## WELLNESS

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 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 Food 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.

- 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 that:

- 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);

## 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.

#### 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 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. **As per RSA 265:144, students less than 16 years of age are required to wear a helmet.**

### 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 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.

***New Hampshire School Boards Association sample policy with added language and edits from the Policy Committee. Suggest replacing current GSD policy with this sample policy. JLCF***  
***5-16-2023 Wellness Committee***  
***6-2-2023 Policy Committee***  
***9-11-2023 First Reading***

## 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. In furtherance of this objective, each school in the District will **hold at least one event that integrates wellness activities 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

**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.

**DISCLAIMER:** This sample policy manual is copyrighted to the New Hampshire School Boards Association and is intended for the sole and exclusive use of NHSBA Policy Service Subscribers. No portion of this manual may be reproduced, copied, transmitted, distributed, in any form, except as needed for the development of policy by a subscribing district. The materials contained in the manual are provided for general information only and as a resource to assist subscribing districts with policy development. School districts and boards of education should consult with legal counsel and revise all sample policies and regulations to address local facts and circumstances prior to adoption. NHSBA continually makes revisions based on school districts' needs and local, state, and federal laws, regulations and court decisions, and other relevant education activity.



## **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 21<sup>st</sup> century school nurse include, but are not limited to: providing direct health care to students **and staff**; 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

**New Hampshire School Boards Association Sample Policy JLC. Suggest replacing current GSD policy with this sample.  
6-2-2023 Policy Committee  
9-11-2023 First Reading**

## **STUDENT HEALTH SERVICES & SCHOOL NURSES - JLC**

due to injury or illness without first notifying either the school nurse or principal as well as 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.

**DISCLAIMER:** This sample policy manual is copyrighted to the New Hampshire School Boards Association and is intended for the sole and exclusive use of NHSBA Policy Service Subscribers. No portion of this manual may be reproduced, copied, transmitted, distributed, in any form, except as needed for the development of policy by a subscribing district. The materials contained in the manual are provided for general information only and as a resource to assist subscribing districts with policy development. School districts and boards of education should consult with legal counsel and revise all sample policies and regulations to address local facts and circumstances prior to adoption. NHSBA continually makes revisions based on school districts' needs and local, state, and federal laws, regulations and court decisions, and other relevant education activity.

## **DRUG AND ALCOHOL USE BY STUDENTS**

The School Board is concerned with the health, welfare and safety of its students. Therefore, **in accordance with policy JICG**, the use, sale, transfer, distribution, possession or being under the influence of unauthorized prescription drugs, alcohol, narcotics, unauthorized inhalants, controlled substances, **vaping device** 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*

**(Adopted: 3/4/2013)**