

**WELLNESS**

Good health fosters student attendance and education, so the Windham, NH School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Windham, NH School District that:

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity plans.

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the Nutritional recommendation of the District wide nutrition plan.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

**School Breakfast Program.** Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

Parents and students will be notified about the availability of the School Breakfast Program.

**Free and Reduced-priced Meals.** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

**Legal References:**

Windham School Board	Policy Code: JLCF
Reviewed: April 4, 2017	