

## STUDENT WELLNESS

The Board recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. The Board is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The Board believes that students who learn and practice healthy lifestyles in their formative years may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce their risk of obesity, diabetes and other chronic diseases.

### **Nutrition Standards**

The school unit will ensure that meals provided by its Food Services Program meet the nutrition standards established by the National School Lunch Program, the School Breakfast Program, and other applicable Federal child nutrition programs. Other foods and beverages sold or available for sale to students during the school day ("competitive foods") will meet the federal Smart Snacks guidelines.

### **Food and Beverage Marketing Guidelines**

School-based marketing and advertising of foods and beverages on school grounds including in buildings, textbooks, and on busses, scoreboards, message boards, uniforms, school supplies, book covers, cups, posters, vending machines, and other areas exposed to the student population shall be consistent with nutrition education and health promotion goals.

### **Assurance**

This policy serves as assurance<sup>1</sup> that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act.

### **Nutrition Education and Promotion**

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as aligned with the content standards of Maine's system of Learning Results. Nutrition education will focus on skills students need to adopt and maintain healthy eating behaviors. Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.

Nutrition promotion goals will ensure students receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications that promote healthy eating behaviors and support overall local wellness.

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<sup>1</sup> See 42 U.S.C. § 1751(a)(2).

## Physical Activity

The school unit will provide all students with developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramurals and interscholastic athletics). The schools will encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

## Other School-Based Wellness Activities

The schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity.

The Board may approve policy, regulations, or guidelines for refreshments served at parties or celebrations during the school day or for food as rewards, or may delegate the responsibility for such regulations or guidelines to administrators at the district or school level.

The school unit may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

## Wellness Goals

The Board has identified the following goals associated with student wellness:

- a. Engaging 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 policies.
- b. Providing students in grades PreK-12 with opportunities, support, and encouragement to be physically active on a regular basis.
- c. Meeting at minimum, nutrition requirements established by local, state, and federal statutes and regulations and shall meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- d. Providing students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and providing clean, safe, and pleasant settings and adequate time for students to eat.
- e. Participating in available federal school meal programs including the School Breakfast Program and National School Lunch Program, to the maximum extent practicable.
- f. Providing nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and establishing linkages between health education and school meal programs, and with related community services.

- g. Encouraging parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, in school, at home, and in the community.

### **Goals for Nutrition Education**

The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.

The schools' nutrition education will be provided in a sequential, comprehensive health education program aligned with the content standards of the Maine system of Learning Results.

Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.

The school unit will provide foods that meet or exceed the federal nutrition standards. Students will be provided adequate time to obtain food and eat it. Lunch will be scheduled as close to the middle of the school day as possible. Students will be provided an adequate space for eating and a clean and safe meal environment.

Consistent nutrition messages will be disseminated throughout the school unit in the classroom, the cafeteria, and school-home communications.

Administrators and staff will be encouraged to model nutritious food choices and eating habits.

### **Goals for Physical Activity**

The physical education program will provide students with the knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis.

Students will develop motor skills and apply them to enhance their coordination and physical performance.

Students will demonstrate responsible personal and social behaviors in physical activity settings.

The physical education curriculum will be aligned with the content standards of the Maine system of Learning Results.

Appropriate professional development will be provided for food services staff.

Physical education classes will keep all students involved in purposeful activity for a majority of the class period.

Physical education classes will provide opportunity to learn for students of all abilities.

The schools will provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness.

The schools will provide facilities adequate to implement the physical education curriculum for the number of students served.

Schools will promote efforts to provide opportunities for students to engage in age-appropriate activities on most days of the week in both school and community settings.

The schools will provide opportunities for physical activity through a variety of before-and/or after-school programs including, but not limited to, intramural sports, interscholastic athletics and physical activity clubs.

Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

### **Goals for Other School-Based Activities**

Goals of the wellness policy will be considered when planning school or classroom parties, celebrations or events.

Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events.

Schools will encourage maximum participation in school meal programs.

To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast or breakfast during morning break or recess. These options must also adhere to the nutritional guidelines outlined in this policy.

Schools will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.

As feasible, school physical activity facilities will be made available after school hours for student, parent and community use to encourage participation in physical activity.

The schools will encourage parents to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

School administrators, staff, parents, students and community members will be encouraged to serve as role models in practicing healthy eating and being physically active, both in the school environment and at home.

Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.

School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and other areas accessible to students should support the goals of the wellness policy.

The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

### **Appointment and Rules of the School Health Council**

The Board shall appoint a district-wide School Health Leadership Council led by one or more school administrator who have the authority and responsibility to develop, update, and review the policy. The committee shall be comprised of individuals invited to participate representing at least one of each of the following sectors (the first six sectors are required to be represented):

- A. Board member
- B. School administrator
- C. School Nutrition Program Director/designee
- D. Student representative
- E. Parent representative

- F. Community representative
- G. Other persons who have a direct interest in student health issues, as designated by the Board
  - School nurse
  - Teacher(s)
  - Student Services Director/designee
  - Guidance counselor
  - Social worker
  - Community organization/agency representative
  - Physical Education Teacher(s)
  - School Health Professional(s)

The School Health Council shall serve as an advisory committee in regard to student wellness issues and will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues.

With the prior approval of the Superintendent/designee, the School Health Council may survey parents, students and the community and/or conduct focus groups or community forums.

The School Health Council shall provide periodic reports to the Superintendent/ designee and, as requested, to the Board.

### **Implementation and Monitoring**

The Superintendent/designee(s) (Principals, Lead Teachers) shall be responsible for the compliance of the wellness policy, for monitoring efforts to meet the intent of this policy, for informing and updating the community about the content and implementation of the policy, and for reporting to the Board on an annual basis.

Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include, but are not limited to:

- A. The web site address for the wellness policy and/or information on how the public can access a copy;
- B. A description of each school's progress in meeting the wellness policy goals;
- C. A summary of each school's local school wellness events or activities;

- D. Contact information for the leader(s) of the wellness policy team; and
- E. Information on how individuals and the public can get involved.

Triennial Assessments of the wellness policy will be conducted to determine:

- A. Compliance with the wellness policy;
- B. How the wellness policy compares to model wellness policies; and
- C. Progress made in attaining the goals of the wellness policy.

Recordkeeping required demonstrating compliance:

- A. The written local wellness policy;
- B. Documentation demonstrating compliance with community involvement requirements;
- C. Documentation of the triennial assessment of the local school wellness policy;
- D. Annual local school wellness policy progress reports for each school within the district; and
- E. Documentation to demonstrated compliance with the public notification requirements.

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The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

Legal Reference: 42 U.S.C. § 1751

Adopted: May 10, 2006

Revised: September 10, 2008; June 10, 2015; July 12, 2017, \_\_\_\_\_