

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 district will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations¹. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Board's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program.

Assurance

This policy serves as assurance² that school district 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

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 should 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.

Physical Activity

The school district will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramural and interscholastic athletics). School programs are intended to build and maintain physical fitness and to promote healthy lifestyles. The schools should encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

¹Title 7-U.S. Department of Agriculture, Chapter II-Food and Nutrition Service, Department of Agriculture, Part 210-National School Lunch Program (7 C.F.R. § 210)

²See 42 U.S.C. § 1751(a)(2)

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.

Implementation and Monitoring [OR: Measuring]

The Superintendent/designee shall be responsible for the implementation of the wellness policy, for monitoring efforts to meet the intent of this 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:

- The status of the school environment in regard to student wellness issues
- Evaluation of the school food services program and compliance with nutrition guidelines
- Summary [OR: List] of wellness programs and activities in the schools Feedback from students, parents, staff, school administrators and wellness committee
- Recommendations for policy, program or curriculum revisions

Appointment and Role of the Wellness Committee

The Board shall appoint a district-wide Wellness Committee comprised of at least one of each of the following:

- Board member
- School administrator
- Food Services Director/designee
- Student representative
- Parent representative
- Community representative
- School nurse
- Teacher(s)

The Wellness Committee 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 Wellness Committee may survey parents, students and the community and/or conduct focus groups or community forums.

The Wellness Committee shall provide periodic reports to the Superintendent/designee and, as requested, to the Board.

Wellness Goals

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

Goals for Nutrition Education

1. The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.
2. 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.
3. Nutrition education, including activities such as contests, promotions, taste testing, and farm visits, will be integrated into other subjects as appropriate to complement, not replace, the health education program. Nutrition education training will be provided for teachers and other staff.
4. The school unit will provide foods that meet or exceed the federal nutrition standards, such as fresh fruits and vegetables, whole grains, and low-fat options, while avoiding processed foods containing high amounts of sugar, sodium, and fat. The school unit will allow adequate time for students to obtain food and eat (10 minutes for breakfast, 20 minutes for lunch). The school unit will schedule lunch at appropriate hours of the day (OR: as close to the middle of the school day as possible), allow adequate space to eat, and provide a clean and safe meal environment.
5. Consistent nutrition messages will be disseminated throughout the school unit in the classroom, the cafeteria, and school-home communications.
6. Administrators and staff will be encouraged to model nutritious food choices and eating habits.

7. Appropriate professional development will be provided for food services staff. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.¹
8. Any activities scheduled during meal times must allow students to eat during such activities.
9. Elementary schools, when feasible, will schedule recess before lunch.

Goals for Physical Activity and Physical Education

1. 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.
2. The physical education curriculum will be aligned with the content standards of the Maine system of Learning Results.
3. Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.
4. 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.
5. Strive to increase physical education of all students in grades K-12 including students with disabilities, special health-care needs, and in alternative educational settings.
6. All students (K-12) will spend the majority of physical education class time participating in purposeful, moderate to vigorous physical activity.
7. MSAD # 16 supports and encourages the integration of up to 90 minutes of physical activity per week for all students. This is outside the regular PE classes and recess.

Examples of such activities could include but not be limited to Daily walk (outside is preferred), music CD's that promote movement, DVD's /VHS tapes with aerobics, basketball/hopscotch that integrate subject matter.

PE teacher could work with teachers to come up with a list of age appropriate activities. (Take Time, Catch, etc.)

¹School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

8. All elementary students (K-8) will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage physical activity.
9. Schools should discourage extended periods (e.g. more than two hour blocks of time) of inactivity.

When activities such as mandatory testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

10. MSAD # 16 will strive to increase the variety of physical activity programs before and after school.
11. Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) as punishment. If, as a last resort, recess will be withheld as punishment, no more than ½ the time will be withheld.
12. School spaces and facilities should be available to students and staff before, during and after the school day, on weekends and during school vacation. When feasible, these spaces and facilities also should be available to community members, local agencies and organizations. School policies concerning safety will apply at all times.

Goals for Other School-Based Activities

1. Goals of the wellness policy will be met to the best of parents, teachers and students abilities when planning school or classroom parties, celebrations or events.
2. Parents will be encouraged to provide nutritionally sound snacks from home.
3. Schools will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.
4. 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.
5. Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness. When students are the primary audience for the fundraiser, foods will comply with the wellness goal of offering only healthy foods for student consumption.
6. 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.

7. The schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.
8. Food and beverages offered or sold at school-sponsored events (including athletic events, or performances) outside the school day will include healthy options. When students are the primary audience for the event, foods will comply with the wellness goal of offering only healthy foods for student consumption.
9. 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 and outside the school environment.

Administrators, staff, students, and parents are encouraged to ask, "What are we going to set as a building goal to meet this criteria?"

10. Given overwhelming scientific evidence proving the extremely harmful effects of high sugar/high calorie beverage consumption on students' learning, behavior and health, soda will be eliminated from school vending machines including teachers' lounges, sales at school sponsored events as well at all events held on school grounds.

Legal reference: 42 U.S.C. § 1751

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