

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 District will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal and state regulations. 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. As per federal policy, from midnight until 30 minutes after the last school bell, food sales to students outside of the school nutrition program are prohibited. In general, non-nutritious food and beverages shall not be used as a reward or incentive for students' behavior or performance. Schools are encouraged to use physical activity as rewards or incentives for student's behavior or performance and as alternatives to food celebrations. The board understands and encourages a wide range of fundraising activities that support the goals of the Wellness Policy.

Assurance

This policy serves as assurance that 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.

Nutrition Promotion

Schools will support healthful eating by students and encourage parents/guardians to provide healthy meals for their children by providing consistent nutrition messages and information and by cooperation with other agencies and organizations. Schools will insure that all children eligible for free and reduced-price meals will have the opportunity to participate in the National School Lunch and Breakfast Programs and make every effort to eliminate any social stigma attached to participation. Advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupons or incentive programs is prohibited. Administrators and staff will be encouraged to model nutritious food choices and eating habits.

Physical Activity

The 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.

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 social aspect of food at parties and school celebrations is understood. However, the Board recommends healthy foods be part of the activities. The building administrator will facilitate guidelines for these activities. It is recommended that celebrations be held after lunch.

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

Implementation and Monitoring

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

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

Monitoring may include, but is not limited to:

- A. The status of the school environment in regard to student wellness issues;
- B. Evaluation of the school food services program and compliance with nutrition guidelines;
- C. Summary of wellness programs and activities in the schools;
- D. Feedback from students, parents, staff, school administrators and the Wellness Committee, including suggestions for improvement in specific areas;
- E. Recommendations for policy and/or program revisions.

Appointment and Role of the Wellness Committee

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

- A. Board member;
- B. School administrator;

- C. Food Services Director;
- D. Student representative;
- E. Parent representative;
- F. Community representative;
- G. Athletic Director;
- H. School nurse
- I. Other persons, as designated by the Superintendent.

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.

The Wellness Committee is committed to transparency by surveying, with prior approval of the Superintendent/designee, parents, students and the community and/or conducting focus groups or community forums, and welcoming community input.

The Board member of the Wellness Committee will provide reports to the Superintendent/designee and to the Board whenever the Wellness Committee meets.

Wellness Goals

The Wellness Committee has identified the following goals associated with student wellness:

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 District will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day, adequate space to eat, and a clean and safe meal environment.

Hand washing facilities and hand sanitizing dispensers are readily available. Students and staff are encouraged to wash or sanitize hands prior to eating and anytime to prevent the spread of communicable diseases. There is access to free drinking water to all students and staff.

As required by law, appropriate professional development will be provided for food services staff.

Goals for Nutrition Promotion

District staff will cooperate with agencies and community organizations to provide opportunities for appropriate student projects and learning experiences related to nutrition.

Consistent nutrition messages will be disseminated throughout MSAD 55 in the classroom, the cafeteria, and school-home communications.

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

Schools will encourage parents/guardians to provide healthy meals and snacks for their children through take-home materials or other means.

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.

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 beneficial 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.

Schools will not use physical activity (e.g. running laps, pushups) as punishment. In general, schools will not withhold opportunities for physical activity during the day (recess) as punishment, unless participation would cause the student to be a danger to himself/herself, to others or is required by a student's individual education plan (IEP). Teachers will be encouraged to utilize physical activity in the classroom to refocus negative behavior issues.

Goals for Other School-Based Activities

Schools will encourage maximum participation in school meal programs.

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

The schools will encourage parents to support their children's participation in 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.

Appropriate school staff will endeavor to identify students who are at risk of food insecurity and link them to available resources, including school-based "backpack programs."

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.

Legal Reference: 42 U.S.C. § 1751

Cross Reference: EBCF Use of Automated External Defibrillators
EBCF-E Automated External Defibrillator Procedure
EFDA School Nutrition Program
EFE Competitive food Sales
JICH Student Substance Abuse Policy
JICH-R Student Substance Abuse Rule
JJIF Management of Concussions & Other Head Injuries

Adopted: July 5, 2006
Revised: October 3, 2007
Revised: May 21, 2008
Revised: May 22, 2009
Revised: August 5, 2009
Revised: August 4, 2010
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