

STUDENT WELLNESS

The School Committee recognizes that student wellness and good nutrition are related to students' physical and psychological well being and their readiness to learn. The School Committee is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The School Committee 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 federal regulations.¹ Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the School Committee's policy EFE, Competitive Food Sales/Sales in Competition with the School Food Services Program.

Assurance

This policy serves as assurance² 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

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 unit 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.

¹ Title 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).

² See 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 School Committee 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

The Superintendent/designee shall be responsible for the implementation or the wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the School Committee 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 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 School Committee shall appoint a district-wide Wellness Committee comprised of at least one of each of the following:

- School Committee member
- School administrator
- Food Services Director/designee
- Student representative
- Parent representative
- Community representative

The Wellness Committee may also include:

- School nurse
- Teacher(s)
- Guidance counselor
- Social worker
- Community organization or agency representative
- Other staff, as designated by the School Committee
- Other persons, as designated by the School Committee

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 School Committee.

Goals for Nutrition Education

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

Maintain a District Health Education Curriculum in which developmentally appropriate nutrition concepts are taught in a spiraling scope and sequence.

Nutrition education will be provided in all schools to “sell nutrition” and “teach lunch”. All homeroom teachers K – 8 will coordinate with the cafeteria to provide “tips” on nutrition that emphasizes foods of maximum nutritional value available for lunch. (See Appendix A for list of Foods of Maximum Nutritional Value)

The School Nutrition Program will provide upon request, daily nutritional information that teachers can use to “teach lunch”.

The use of food as a reward to motivate behavior is discouraged. District Employees should refer to Appendix B for a list of appropriate nonfood rewards.

Guidance on foods of maximum nutritional value will be provided to parents in newsletters, and on the school website. Additional nutritional information will be provided in school newsletter during the school year. This information will also be provided to school faculty and staff, school groups and organizations, and outside organizations using school facilities.

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.

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

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

District Physical Education Curriculum will emphasize life-long skills and activities in grades K – 12.

Curriculum will be analyzed periodically to determine if it is meeting the needs of the students and following current recommended practice within the State.

Goals for Other School-Based Activities

Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or 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 participation in physical education, recess and physical activity is an important and required part of a student's day. Students should not be excluded from these activities as a punitive measure or for disciplinary reasons.

Legal reference: 42 U.S.C. § 1751

Adopted: June 12, 2006

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