

WELLNESS

M.S.A.D. #49 believes that good nutrition and physical activity impact a student's ability to learn effectively and achieve high standards in school. Therefore, M.S.A.D. #49 is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. M.S.A.D. #49 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. M.S.A.D. #49 also understands that a healthy staff can perform more effectively in their assigned duties and model appropriate wellness behaviors for students.

Nutrition Standards

The district will strive to ensure that all foods meet or exceed the nutrition requirements established by local, state, and federal statutes and 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 Service Program*.

Assurance

This policy serves as assurance 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 curriculum as aligned with the content standards of Maine's system of Learning Results. Nutrition education focuses on skills students need to adopt and maintain healthy eating behaviors. Students will 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. Programming will focus on the knowledge and skills needed for students to increase and maintain their physical activity levels and understand the short and long-term benefits of a physically active healthy lifestyle. Physical Education class expectations shall be consistent with the district's curriculum. The schools will encourage parents to support their children's participation in physical activities including available before and after-school programs.

Health Education

The Board believes that health education can provide the foundation for lifelong healthy living. Programming will focus on the knowledge, habits, and skills necessary for life-long wellness. Health Education class expectations shall be consistent with the district's curriculum.

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 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 of the wellness policy, for monitoring efforts to meet the intent of this policy, and for reporting to the Board on an annual basis.

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

Role of the Wellness Committee

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

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| • Board member | • Parent representative |
| • School administrator | • Community representative |
| • Food Services Director/designee | • Teacher |
| • Student representative | |

The Wellness Committee may also include:

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| • School nurse | • Community organization or agency representative |
| • Teacher(s) | |
| • Guidance counselor | • Other persons, as designated by the Board |
| • Social worker | |

The Wellness Committee shall serve as an advisory committee in regard to student/staff wellness issues and will be responsible for making recommendations related to the wellness policy and wellness goals.

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:

1. Goals for Nutrition Education

- The schools' nutrition education will be provided in a sequential, comprehensive health education program aligned with the content standards of the Maine Learning Results: Parameters for Essential Instruction.
- It is the culture of our school that 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, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day (as close to the middle of the school day as possible), adequate space to eat, and a clean and safe meal environment.
- Consistent nutrition messages will be disseminated throughout the school unit in the classroom, the cafeteria, and the school-home communications.
- It is the culture of our school that administrators and staff will be encouraged to model nutritious food choices and eating habits.
- Appropriate professional development will be provided for food services staff.

2. Goals for Physical Activity

- M.S.A.D. #49 will promote a broad range of physical activities from within the school that meet the needs, interests and abilities of all students within our community.
- 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.
- It is the culture of our school that we demonstrate responsible personal and social behaviors in physical activity settings.
- Physical education and health classes will provide opportunity to learn for students of all abilities.

- Schools shall encourage periods of physical activity daily; including, activity breaks.
- 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.

3. Goals for Other School-Based Activities

- Goals of the wellness policy will be considered when planning school or classroom parties and celebrations. School staff will provide students with an opportunity to make healthy food choices when offering rewards and snacks. Rewards and snacks should be distributed in moderation.
- Parents will be asked to provide nutritionally sound snacks from home and food from home for classroom parties or events.
- 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.
- 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 through advertisements in school publications, school buildings, athletic fields, and other areas accessible to students should support the goals of the wellness policy and be in compliance with state law.
- 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: Policy EFE
Chapter 51 (Maine Department of Education Rules)
Child Nutrition Programs in Public Schools and Institutions
Public Law Chapter 435, Subchapter 9

Approved: December 5, 2013