

STUDENT WELLNESS

The RSU 83/M.S.A.D. #13 School District recognizes the importance of physical and psychological health, and acknowledges the relationship between personal wellness and academic performance. Additionally, RSU 83/MS.A.D. #13 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. The practice of healthy choices by positive role models has a direct impact on students by inspiring continued healthy lifestyle choices. RSU 83/MS.A.D. #13 is committed to providing a school culture that supports staff and student wellness. The schools will provide a physical and social environment that encourages safe physical activity and fosters the development of a positive attitude toward health and fitness. Relevant professional developments will be provided for school staff.

Staff Wellness

The District will continue to support programs that engage staff in learning and practicing healthy lifestyle behaviors. In addition, the District supports the designation of one staff workshop day as a Staff Wellness Day to be planned by the Health Advisory Council/Wellness Team.

Nutrition Standards

The District will ensure that meals provided by its Food Services Program meet or exceed the nutrition standards established by federal regulations¹ and will encourage maximum participation in school meals program. 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 (<http://www.sad13.org/SitePages/Home.aspx/admin/schoolboard/policies>).

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.³ To the extent possible, school meals shall include adequate time for eating, should be scheduled at appropriate times, will include access to free drinking water, will provide student access to hand washing and/or sanitizing, and whenever possible, lunch will follow recess.

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)

³ Healthy Hunger Free Kids Act of 2010 Public Law 111-296

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.

Nutrition Education

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as aligned with Maine's Parameters of Essential Instruction/National Common Core Standards. Nutrition education focuses on skills students need to develop and maintain healthy behaviors.

- Students should receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications.
- 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 and Competitive Food Sales Policy, EFE.
- Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.

Physical Education and Physical Activity Opportunities

All students, K-high school shall receive physical education that is aligned with applicable state and federal standards and as outlined in the District's Curriculum. 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.

All students, K-12, shall have the opportunity to participate regularly in either organized or unstructured physical activity. Strategies that incorporate physical movement in the classroom and into routine daily activities are encouraged. The schools should encourage parents to support their children's participation in physical activities, including available before-and after-school programs.

Schools are encouraged to use physical activity as rewards or incentives for students' behavior or performance and as alternatives to food celebrations. Physical education shall not be used or withheld as remediation or discipline. Exclusion from recess is allowed but not encouraged. Decisions should be made on a case-by-case basis. The district encourages that enrichment activities be offered in addition to, not in place of, physical activity.

Schools shall have proper equipment and a safe area designated for supervised recess.

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

School Events/Parties/Fundraisers

The District encourages:

- Nutritious foods to be served at classroom parties and school sponsored events (if after hours). If non-nutritious foods are served, there must be healthy alternatives available.
- Parents to provide daily healthy snacks from home and food for classroom parties or events. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, remind them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for celebrations and rewards.
- The use of food as a reward only in unique situations
- Administrators, staff and visitors to model nutritious food choices and eating habits.
- Healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages.

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.

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

Any person who observes practices inconsistent with the local Wellness Policy should contact the school principal. If inconsistencies are still not adequately addressed, any person may contact the Superintendent.

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

The Wellness Committee may also include:

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

The Wellness Committee shall serve as an advisory committee concerning 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:

- To promote nutrition education that establishes healthy eating behaviors
- To promote physical activity that establishes healthy lifestyles

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 Maine's Parameters of Essential Instruction/National Common Core Standards.

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, 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 school-home communications.

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

Appropriate professional development will be provided for food services staff.

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 Maine's Parameters of Essential Instruction/National Common Core Standards.

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.

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, to be physically active role models, and to include physical activity in family events.

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.

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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 support 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

Adopted: 6/13/06

Revised: 8/25/15