

STUDENT WELLNESS

To foster academic achievement.

I. Purpose

The purpose of this policy is to provide students and staff with policies, programs and opportunities to promote healthy lifestyles. The presence of health and well-being supports the mission of education. Good health and wellness increases productivity, reduces injuries and illnesses, and enhances an individual's ability to achieve academic success.

II. Objectives

To support student, employee, and community health, and facilitate the process of individuals having the knowledge and skills to assume personal responsibility for their wellness. The building administrator is responsible for the compliance with this policy in their building. The superintendent is responsible for the district wide coordination of the policy.

III. Coordinated School Health

All components of school health are considered in a comprehensive approach to improve the overall climate of school health. The following elements have been identified: Health Education, Physical Education and Physical Activity, Health Services (Counseling, Physical and Behavioral), Nutrition Services, School Climate, Youth, Parent, Family and Community Involvement and Physical Environment.

IV. Physical Activity and Physical Education

In promoting a physically active lifestyle among young people and helping to increase students' capacity for learning, MSAD 72 will ensure the following:

- Time allotted for physical education is consistent with national and state standards. Physical education classes have student/teacher ratios and certification requirements similar to other classes.
- Physical Education includes instruction on an individual basis and for all students, including those that are not athletically gifted. The district will provide adequate instruction time for students to achieve the Maine physical education standards. Content is specified in chapter 132 (2007) Physical Education standards.
- Outside of the PE program, physical activity will be integrated across curricula and throughout the school day in an effort to support the goal of increased physical activity for Maine students (PE4ME, 123rd legislative session). Examples include classroom activities outlined in the Lets GO campaign, 5-2-1-0, Maine in Motion (Governor's Council on health and fitness) and health classes to reinforce PE instruction.
- Students will not be denied participation in recess or physical activity on a regular basis as a form of discipline except in cases when a student's health is concerned.
- Information is provided to families to assist them in supporting physical activity at home. Communities are encouraged to participate in programs that increase physical activity.
- The school district will open school or district owned physical activity facilities, as per policy, for student use outside of school hours

V. Nutrition Policy

The MSAD 72 Board will ensure that healthy food choices are offered in all venues. Establishing good nutrition in a healthy eating environment encourages positive eating habits. The Board believes that nutrition influences a student's ability to learn and take full advantage of the school system's education program and is, therefore, related to student achievement.

MSAD 72 School Nutrition participates in the following USDA food programs: Breakfast Program, Lunch Program, Afterschool Snacks in qualified schools, and the Fresh Fruit & Vegetable Program in qualified schools. MSAD 72 School Nutrition adheres to all guidelines with these programs including the meal pattern & Smart Snack guidelines for competitive foods established in the Healthy Hunger Free Kids Act of 2010.

MSAD 72 permits the sale of food and beverage outside the total food service program starting one half hour after the end of the school day:

- By a school or an approved student organization or program with the approval of the principal, and in accordance with the District's fundraising policy.
- To the public at community events sponsored by the school or held on school property in accordance with the school board's facilities use policy.

Regarding the funds from food and beverage sales, MSAD 72 schools, approved student organizations, or sponsors of an event are allowed to benefit from the sale of food and beverages.

Guidelines:

- Nutrition education is delivered in the scope and sequence outlined in the K-8 Health Curriculum and will be supported by appropriate activities and strategies, for example; structured cafeteria taste tests, classroom pledges, national nutrition month celebrations, harvest lunches, menu messages, point of decision prompts, and school newsletter messages.
- Teachers and parents will consider non-food ways to celebrate holidays and birthdays. Due to the number of children with food allergies and parental food choices, NO foods from home will be brought into classrooms for celebrations. In order to present clear and consistent messages regarding healthy eating, advertisement of foods of minimal nutritional value will not be posted at school.
- The cafeteria is safe and pleasant and allows ample space for eating. Nutrition information for Smart Snack products offered is posted or readily available at point of purchase. The district will disclose nutritional information as requested for meals served.
- Lunch period is scheduled as near the middle of the day as possible and allows at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Healthy nutrition is encouraged to extend to foods and beverages brought from home for lunch or snack. This is communicated through classroom pledges and, education/ communication to families.
- Recess or physical activity breaks will be scheduled before lunch whenever possible so that students will come to lunch ready to eat.
- Drinking water is available for students at all meals and fountains are accessible throughout the day. Food or beverage will not be used as a reward, incentive or punishment. Water for sale will not contain sugar or caffeine.

- No school fundraising will involve food of minimal nutritional value. A suggested list will be available. Parent group fundraising must follow Policy JJE
- The school will strive to increase participation in available federal child nutrition programs (e.g. school lunch, school breakfast, after school snack and summer food service programs) to ensure that all students have affordable access to varied and nutritious foods that they need to stay healthy and enhance learning. This includes coordinating with other agencies and community groups for children who are eligible for federal program support.
- The food service program is considered an essential educational support activity. Therefore, budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- The Food Service Director and food service personnel shall have adequate pre-service training. Consistency within the district in compliance with this policy is essential and will be monitored by the Food Service Director.
- Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent foodborne illness in schools. Each kitchen has a Serve-Safe Certified Food Manager to ensure safe food service.

VI. Staff Wellness

School staff are considered valuable resources and encouraged to maintain their health and wellness.

- The school district encourages and provides opportunities for administrators, teachers, students, parents and volunteers to serve as role models for practicing healthy eating and being physically active. Staff are highly encouraged to make healthy choices when children are present.
- The school district will provide for on-going professional development for teachers, educational technicians, and food service workers in the areas of school health, nutrition and physical education as needed.

VII. Monitoring and Evaluation

Involvement with families, sponsors and other appropriate interested persons is important in the compliance and success of this endeavor. Education will involve sharing information with families and the broader community to positively impact the health of the community. The Wellness Committee will publish the policy on the School Nurse Website, as well as seek community involvement in all dimensions that support student wellness. MSAD 72 Health and Wellness Committees, School Health Teams, Administrative Teams, School Nurse, Food Service Director and support personnel will develop, organize, monitor and evaluate the programs and give input to the Superintendent or designee to ensure compliance with this policy on an annual basis. Compliance with the policy will be reviewed annually by the Wellness Committee. Every three years the policy will be reviewed and updated.

Reference:

- Proposed Rule: Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010 (2/26/14)
- Interim Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010(6/28/13)
- Final Rule: National School Lunch Program: Direct Certification Continuous Improvement Plans Required by the Healthy, Hunger-Free Kids Act of 2010 (2/22/13)

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