

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.

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.

- Each year M.S.A.D. #72 schools are encouraged to partner with the best available practice programs.

IV. Physical Activity and Physical Education Standard

M.S.A.D. #72 will provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods and extracurricular activities. 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.

Physical Activity Goals

In promoting a physically active lifestyle among young people and helping to increase students' capacity for learning, M.S.A.D. #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.
- 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 program will be aligned with the physical education national standards.

- Physical education classes will provide opportunities 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.
- Outside of the PE program the school will integrate physical activity across curricula and throughout the school day in an effort to support the goal of increased physical activity for Maine students. Examples include classroom activities outlined in the Let's Go 5-2-1-0 campaign, and health classes to reinforce PE instruction.
- Recess or physical activity breaks will be scheduled before lunch whenever possible so that students will come to lunch ready to eat.
- 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 Standard

The M.S.A.D. #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.

Food Service Guidelines

M.S.A.D. #72 School Nutrition participates in the following USDA food programs: Breakfast Program, Lunch Program, Afterschool Snacks in qualified schools, the Fresh Fruit & Vegetable Program in qualified schools and the Summer Food Service Program. M.S.A.D. #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.

Food Service Goals

- 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.
- 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 effort 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 Serv-Safe Certified Food Manager to ensure safe food service.

Nutrition Education and Nutrition Promotion Guideline

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. Goals of the wellness policy will be considered when planning school events.

Nutrition Education and Nutrition Promotion Goals

- Any offering of food, regardless of the setting, must include consideration of students' food sensitivities. For example, foods that are incorporated into the classroom setting should be introduced only after determining whether certain students must be provided with alternatives to accommodate allergies (i.e. peanut allergies, gluten intolerance, etc.)
- The school's 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/school activities as appropriate to complement, not replace, the health education program. For example; structured cafeteria taste tests, classroom pledges/events, national nutrition month celebrations, harvest lunches, menu messages and school newsletter messages.
- School staff will cooperate with agencies and community organizations to provide opportunities for nutrition-related student projects and learning experiences.
- Consistent nutrition messages will be disseminated throughout the school unit, in the classroom, the cafeteria and school-home communications.
- Schools will educate parents/guardians to provide healthy meals and snacks for their children through take-home materials or other means.
- Schools will promote consumption of water as an essential element in maintaining overall health and wellness. Drinking water will be available for students at all meals and fountains throughout the school day. Water for sale will not contain sugar or caffeine.
- Administrators and staff will model nutritious food choices and eating habits. Food or beverage will not be used as a reward, incentive or punishment as it relates to student academics or behavior.
- Teachers and parents will be encouraged to consider non-food ways to celebrate holidays, birthdays and classroom events such as suggested in the 5-2-1-0 Let's Go Non-Food Celebration Idea list.
- For safety reasons, no homemade foods from home will be brought into classrooms for celebrations.
- If a classroom celebration is to include food from a parent, parents will provide nutritionally sound snacks according to the 5-2-1-0 Let's Go sign-up sheet.

- When academic units involve the food study of other cultures, teachers may include some type of authentic food that will give students a better understanding of the culture and increase excitement in the subject. The food guidelines listed on the 5-2-1-0 Let's Go sign-up sheet must be followed.

VI. Goals for Other School-Based Activities

- Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness. No school fundraising will involve food of minimal nutritional value. A suggested list will be available. Parent group fundraising must follow Policy JJE.
- 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 ongoing professional development for teachers, educational technicians, and food service workers in the areas of school health, nutrition and physical education as needed.
- The Health & Wellness Leadership Team will strongly encourage a M.S.A.D. #72 Team to attend the Wellness Summit offered every two years by the DOE and/or the annual 5210 School Symposium.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks standards. Food and beverage marketing includes but is not limited to:
 - Brand names, logos or tags, except those that are present as labels on the food or beverage product or its container;
 - Displays, such as vending machine exteriors;
 - Corporate brands, logos, names or trademarks on school equipment such as message boards or scoreboards;
 - Corporate brands, logos, names or trademarks on posters, book covers, or school supplies distributed or offered by the school unit; or
 - Advertisement in school publications or school mailings; or on product coupons or free samples

M.S.A.D. #72 permits the sale of food and beverages 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, M.S.A.D. #72 schools, approved student organizations, or sponsors of an event are allowed to benefit from the sale of food and beverages.

VII. Leadership – Communication - Monitoring & Evaluation

Leadership

The Superintendent/designee shall be responsible for the oversight of development and implementation of the wellness policy in the schools. This includes ensuring that M.S.A.D. #72 evaluates its schools' compliance with the wellness policy and progress in attaining wellness goals and making required information to the public.

The Board delegates to the Superintendent/designees the responsibility for developing regulations or guidelines necessary to ensure healthy celebrations and activities during school.

All MSAD #72 staff, students, parents and community are considered members of the Health & Wellness Committee.

The Health & Wellness Leadership Team for the Health & Wellness Committee will consist of a Chairperson, Secretary, Treasurer, the Administrative Team, a Board Member, School Nurse(s), Food Service Director, Health Teacher, PE Teachers, Guidance Counselors, current Wellness Summit Team, a Parent, a Student (if available) and others as designated by the Board, and will plan a Health & Wellness Committee meeting at least twice a year.

The Health & Wellness Leadership Team 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.

Communication

M.S.A.D. #72 will publish the wellness policy on the Health & Wellness District Website. M.S.A.D. #72 will annually inform the public via the website basic information about the wellness policy including updates and how to get involved with the wellness committee.

M.S.A.D. #72 will inform parents annually of improvements that have been made to school meal standards; availability of child nutrition programs and how to apply; the school unit's meal charging policy.

Monitoring & Evaluation

Annual Review

Compliance with the Wellness Policy will be reviewed annually and reported to the Superintendent/designee and, as requested, to the Board.

Triennial Review

The evaluation process must include a comparison of the wellness plan with model local wellness policies, and it may include surveys or solicitation of input from students, parents, staff, and school administrators, including suggestions for improvement in specific areas.

Every three years, the Health & Wellness Leadership Team will:

- Assess the extent that M.S.A.D. #72 schools are in compliance with the wellness policy
- Provide a description of the progress made in attaining the goals of the wellness policy
- Provide updates if priorities and community needs change
- Provide updates if new evidence-based health science emerges
- Provide new or updated Federal or State regulations

Reference:

- Proposed Rule: Local School Wellness Policy Implementation under the Healthy, Hunger-Free Kids Act of 2010 (2/26/14)
- 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(7/29/2016)
- Final Rule: National School Lunch Program: Direct Certification Continuous Improvement Plans Required by the Healthy, Hunger-Free Kids Act of 2010 (7/29/16)

Adopted: 7/19/2006

Amended: 12/8/2010

Amended: 11/4/2015

Amended: 11/14/2018