

## **Local Wellness Policy**

Maine School Administrative District #40 is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### **Nutrition Education**

All students, K-12, shall receive nutrition education that is aligned with the State of Maine Learning Results. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the School District including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have appropriate training.

### **Nutrition Standards**

The Superintendent shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in Federal and State regulations. The district shall encourage students to make nutritious food choices.

The Superintendent shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

### **Physical Education and Physical Activity Opportunities**

The district shall offer physical education opportunities which will equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the State of Maine Learning Results.

All students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

### **Other School-Based Activities Designed to Promote Student Wellness**

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Implementation and Measurement**

ADAB-Local Wellnes

Foundations and Basic Commitments

Date of Adoption: March 2, 2006

Date of Revision:

The Superintendent shall implement this policy and measure how well it is being managed and enforced. The district superintendent shall develop and implement administrative rules consistent with this policy.

Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district superintendent shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

Cross Reference: Dietary Guidelines found at:

[http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1\\_Glossary.htm](http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm)

State of Maine Learning Results Health and Physical Education Content Standards and Benchmarks, 1997.

<http://www.state.me.us/education/lres/hpe.htm>

Maine department of Education, Chapter 51, Child Nutrition Programs in Public Schools and Institutions