

Student Wellness

The Board of Directors of RSU 40/MSAD 40 recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and readiness to learn. RSU 40/MSAD 40 is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting student wellness, healthy food choices, nutrition education and physical activity.

Nutrition Standards for Foods Available During the School Day

A. Foods Sold During the School Day

RSU 40/MSAD40 (hereafter the District) will ensure that all food and beverages sold to students during the school day through its food services program meet or exceed the nutrition standards set forth by federal regulations for the school lunch and breakfast programs.

Sales of foods and beverages must be in compliance with policy EFE, Food Sales and Competitive Food Sales.

B. Other Food and Beverages Available During the School Day

The District recognizes that the sharing of food and beverages is often an important aspect building classroom and community. To the extent that food and beverages outside of the school meal programs are allowed in classrooms and in schools for celebrations or other activities, the Board encourages parents and staff members to provide, to the extent possible, healthy choices that meet or exceed USDA guidelines.

Goals to Promote Student Wellness

The District is committed to promoting overall student wellness in each of the areas listed below. The Wellness Committee, will, on an annual basis, identify specific activities or initiatives designed to improve student wellness in each of these overarching goal areas. In the development of specific goals, the Wellness Committee shall review and consider evidence- based strategies and techniques.

A. Nutrition Promotion and Education

The District is committed to providing education about healthy nutrition choices and promoting positive nutrition to support the development of lifelong healthy eating habits in students. To that end, RSU 40/MSAD 40 will support healthful eating choices by students by providing consistent positive nutrition messages and information to students and parents. Additionally, nutrition education will be

integrated into the instructional program through the health education program and general curriculum as aligned with the content standards of Maine's system of Learning Results.

Goals:

- The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through implementing at least two (2) evidence-based healthy food promotion techniques through the school meal programs.
- All food service directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Standards description.
- The District will teach, model, encourage and support healthy eating by all students by providing nutrition education that includes enjoyable, developmentally- appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens.

B. Physical Activity

The District will strive to provide all students developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary and middle school students, and extra-curricular activities (intramural and interscholastic athletics, clubs, before and after school activities). The Board encourages all staff and teachers to consider ways of incorporating positive movement within the school day, as appropriate and consistent with curriculum goals. The Board encourages parents and families to support their children's participation in physical activity.

Goals:

- The District's physical education program will promote student physical fitness through individualized fitness and activity assessments and will use standards based reporting for each student.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

C. Other School-Based Activities

Schools within the District are encouraged to identify and implement other activities which promote wellness within their buildings and the community. To this end, schools are encouraged to integrate wellness activities into areas beyond the cafeteria and health and physical education classrooms, to integrate wellness concepts into other curriculum areas where appropriate, and to consider school and community activities and partnerships that promote wellness and healthy lifestyles.

Goals:

- The District will [develop, enhance, or continue] relationships with community partners (e.g. hospitals, universities/colleges, local business, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.
- Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Wellness Committee

The Superintendent/designee, shall appoint a district-wide Wellness Committee to oversee the district's wellness plan and the implementation and review of this policy. The Superintendent/designee shall permit representation from each of the following stakeholder groups:

- The Board
- School Administrators
- Parents
- Students
- The Food Service Director (or designee)
- Physical education teachers
- School health professionals
- The general public

The Wellness Committee shall meet at least annually to make recommendations to the Superintendent/designee in regard to student wellness issues and will be responsible for making recommendations relating to the wellness policy, wellness goals, administrative or school procedures, or raising awareness of student wellness issues. The

Superintendent/designee shall share this information with the Board on an annual basis.

Policy Implementation and Monitoring

The Superintendent/designee shall be responsible for the implementation of the wellness policy, for monitoring efforts to meet the intent of the policy, and for ensuring that each school is in compliance with this policy.

At least once every three years, the Superintendent/designee will assess the District's compliance with this policy and communicate the results of this assessment to the public. This review will include a description of progress toward obtaining the goals expressed in this policy, an explanation of the extent to which the District's schools are in compliance with the policy, and an assessment of how the local policy compares to model wellness policies.

Legal Reference: 42 U.S.C. §1758b; 7 C.F.R. §210.30
 20-A M.R.S.A. §6601-6602
 Maine Department of Education Rules, Chapter 51

Cross Reference: EFE-Sales of Foods in Competition with the Food Service Program

This is a required policy.

Adopted: February 2, 2017