

## MAINE SCHOOL ADMINISTRATIVE DISTRICT #33

**Student Wellness**

Maine School Administrative District #33 recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. The Board is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. The Board 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.

**Nutrition Education**

All Pre-K to grade 12 students will receive nutrition education that is aligned with the content standards of the Maine 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. Staff members who provide nutrition education shall have appropriate training.

**Nutrition Standards**

The District shall ensure that meals provided by its Food Services Program meet the nutrition standards established by federal and state regulations. Sales of foods and beverages that compete with the school lunch/breakfast program must be in compliance with the Board's policy EFE, Competitive Food Sales-Sales of Foods in Competition with the School Food Service Program. Nutrition guidelines for student wellness are outlined in JL-E.

**Assurance**

This policy serves as assurance (see 42 U.S.C. § 1751(a)(2)) that MSAD #33 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.

**Physical Activity and Physical Education Opportunities**

The District shall provide all students developmentally appropriate opportunities for physical activity through supervised and organized physical education classes, unstructured and structured recess activities, classroom breaks, and extracurricular activities. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

**Other School-Based Wellness Activities**

The schools, with prior approval from the Superintendent/designee, may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and that promotes healthy eating and physical activity.

## **Implementation and Monitoring**

The Superintendent, building administrators, and school health coordinator 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.

Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include the status of the school environment, evaluation of the food services program, summary of wellness programs and activities in the schools, and recommendations for policy, program or curricular revisions.

## **Appointment and Role of the Wellness Committee**

The Board will appoint a district-wide Wellness Committee to 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.

Representation on the Wellness Committee should include a Board member, school administrator, parent, food service director, high school student representative, community member, school nurse, and teacher.

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:

### **I. Goals for Nutrition Education**

- All Pre-K to grade 12 students will receive nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.
- The nutrition education curriculum will be sequential and aligned with the content standards of the Maine Learning Results.
- Nutrition education will be integrated into other subjects, as appropriate, to complement the health curriculum.
- Nutrition education will be based on the most recent Dietary Guidelines for Americans.
- Nutrition education will be provided to parents and community members. This may be in the form of handouts, newsletters, posters, workshops, etc.
- Appropriate professional development in nutrition will be provided for food service staff.
- Consistent nutrition messages will be disseminated throughout the schools.
- Administrators and staff will be highly encouraged to model nutritious food choices and eating habits.

- Food will not be used as a reward for learning.

## **II. Goals for Nutrition Standards**

- Schools will provide students with at least 10 minutes to eat breakfast (if breakfast is served at the school) and 20 minutes to eat lunch.
- Schools will schedule lunch at appropriate hours of the day (after recess, when feasible).
- Schools will provide an environment that is conducive to eating (adequate space, clean, and safe).
- Students who attend activities or meetings during lunch will be permitted to bring their lunch with them.
- Foods sold or served at school will meet or exceed the federal nutrition standards (see JL-E, Nutrition Guidelines for Student Wellness).
- Fundraising activities and school celebrations will follow the guidelines of the Nutrition Standards (see JL-E) and Competitive Food Sales (see EFE).
- Avoid “super sizing.” All food entrees served in the breakfast and lunch program at the schools will comply with serving size recommendations of the School Nutrition Program.

## **III. Goals for Physical Activity**

- All K-12 students will receive physical education and/or opportunities for physical activity everyday, as required by State of Maine regulations.
- Physical education will be taught by a certified physical education teacher.
- The physical education curriculum will be sequential and aligned with the content standards of the Maine Learning Results.
- Elementary students will have at least 20 minutes a day of supervised recess time.
- Physical education classes will provide opportunity to learn for students of all abilities.
- Physical education classes will keep all students involved in physical activity for a majority of the class period (except for assessment purposes).
- Students in grades 1-12 will have the opportunity to receive 150 minutes of physical activity weekly.
- Classroom teachers will be encouraged to provide physical activity breaks between lessons and classes.
- 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.
- Physical activity will be incorporated into each school day through a variety of before, during, and/or after-school programs such as intramural sports, interscholastic athletics, walking clubs, etc.
- 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.

**IV. Goals for Other School-Based Activities**

- Goals of the wellness policy will be considered by the Wellness Team when planning activities throughout the year, and by classroom teachers when planning school or classroom parties, celebrations, or events.
- MSAD #33 will support health promoting activities.
- School personnel will not deny a student’s participation in recess as a form of discipline (Students may be kept in only for individualized reinforcement of instruction.).
- School staff will be encouraged to serve as role models in practicing healthy eating and being physically active.
- Schools will provide opportunities for ongoing professional development for staff in the areas of nutrition and physical activity.
- Parents will be provided with suggestions for nutritionally sound snacks and food choice ideas for classroom parties, celebrations, or events.
- Fundraising groups will be provided with ideas for fundraisers.
- Schools will encourage maximum participation in school meal programs.
- School-based marketing of foods and beverages in school publications, buildings, and at athletic events will support the goals of the wellness policy.
- Schools will collaborate with community organizations to support programs that contribute to good nutrition and physical activity.
- Schools will promote sun safety through the health curriculum, school practices, and parent education.

**V. Goals for Monitoring and Evaluation**

- Monitoring may include surveys or solicitation of input from students, teachers, parents, staff, and school administrators.
- Evaluations may include an assessment of the school environment, the food service program, and physical activities and programs.
- Recommendations for revisions to this policy will be addressed by the Wellness Committee.
- A report will be made to the School Board, as needed.

Legal References: 42 U.S.C. § 1751

Cross References: EFE – Competitive Food Sales  
JJE – Fund-Raising Activities/Projects  
JL-E – Nutrition Guidelines for Student Wellness

History: Adopted Meeting #780 April 7, 2003 (as policy EFE)  
Revised Meeting #837 April 2, 2007