

NEPN/NSBA CODE: JL

RSU #82/ MSAD #12

DISTRICT WELLNESS POLICY

RSU #82/ MSAD #12 recognizes that student wellness and good nutrition are related to students' physical and psychological well-being and their readiness to learn. RSU #82/ MSAD #12 is committed to providing a school environment that supports student wellness, healthy food choices, nutrition education, and regular physical activity. In addition, RSU #82/ MSAD #12 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. RSU #82/ MSAD #12 recognizes that supporting staff in making healthy lifestyle choices will positively affect student wellness.

School Wellness Committee

To help achieve these policy goals, there will be a District Wellness Committee who will meet regularly.

The Wellness Committee 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.

With the prior approval of the Superintendent/designee, the Wellness Committee may survey parents, students, and the community and/or conduct focus groups or community forums.

The Wellness Committee shall provide periodic reports to the Superintendent/designee and, as requested, to the Board.

The current district Wellness Policy will be shared with the community via the District website. Copies are also available in each of the District schools.

The District Wellness Committee will strive to include representation of at least one of each of the following:

- Board Member
- School Administrator
- Food Services Director/Designee
- High School and Middle School Student Representatives
- Parent Representative
- Community Representative

The District Wellness Committee may also include:

- School Nurse
- Teacher(s)
- Guidance Counselor
- Social Worker
- Community Organization or Agency Representative
- Other staff, as designated by the Board
- Other Persons, as designated by the Board

NUTRITION STANDARDS

The District will ensure that meals provided by its Food Services Program meet or exceed the nutrition standards established by federal and state regulations (1) and will encourage maximum participation in school meals program. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Board's policy EFE, Competitive Food Sales, Sales in Competition with the School Food Services Program (insert link to wellness policy) This policy serves as assurance (2) that school unit 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. To the extent possible, school meals shall include adequate time for eating, should be scheduled at appropriate times, will include access to free drinking water, will provide student access to hand washing and/or sanitizing, and whenever possible, lunch will follow recess, where applicable.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

Meals served through the National School Lunch and Breakfast Programs will:

- Be served in a clean and pleasant setting;
- Meet, at minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA); and
- Ensure that all grains served are whole grains as required;
- Include access to free drinking water

COMPETITIVE FOOD SALES – SALES OF FOOD IN COMPETITION WITH THE SCHOOL FOOD SERVICE PROGRAM

RSU #82/ MSAD #12 supports good nutrition as part of a school environment that contributes to student health and encourages positive food choices and eating habits. The Board believes that nutrition influences a student's ability to take full advantage of the school system's education program and is, therefore, related to student achievement.

The Board also recognizes that proceeds from the sale of foods and beverages outside of the School Lunch Program ("competitive foods") are a significant source of funds for student activities that MSAD #12/RSU #82 might not otherwise be able to provide.

The Board has adopted this policy to govern the sale of foods and beverages on school property.

RESTRICTION ON SALE OF COMPETITIVE FOODS

Smart Snacks in School mandates that any food or beverage sold at any time on school property of a school participating in the National School Lunch or School Breakfast Programs shall be a planned part of the total food service program of the school and shall include only those items which contribute both to the nutritional needs of children and the development of desirable food habits, and shall not include foods of minimal nutritional value as defined in applicable federal regulations, except as provided for by school board policy in certain circumstances.

As allowed by Rule Chapter 51, the Board permits the sale of food and beverages outside the total food program to:

1. School staff
2. Attendees at school-sponsored events held on school property
3. The public at community events held on school property in accordance with the Board's facilities use policy

This policy applies to sales of foods and beverages at any time on school property by any person, group or organization.

When foods and beverages are sold to raise funds for schools or student activities, students, staff, parents, or school-sponsored organizations involved in such sales are encouraged to include at least some healthy food choices.

Food and Beverage Marketing

Food and Beverage Marketing in Schools: In accordance of the Maine State Statue 20A SUB CHAPTER 9 §6662: Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale or distribution on school grounds in accordance with rules adopted under subsection 2. For the purposes of this subsection, "advertising" does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images worn on school grounds or advertising on product packaging.

FUNDS FROM SALES OF COMPETITIVE FOODS

Funds from all food and beverage sales made at any time on school property shall accrue to the benefit of the school's non-profit school food service program, except that funds raised through authorized sales outside the total food service program shall accrue to the sponsoring public or approved student organization in accordance with applicable policies, cash-management procedures and administrative directives.

FOODS SOLD INDIVIDUALLY DURING THE SCHOOL DAY (SOLD OUTSIDE OF REIMBURSABLE SCHOOL MEALS: VENDING MACHINES, CAFETERIA A LA CARTE, FUNDRAISERS, SCHOOL STORES, ETC.)

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

BEVERAGES

Allowed: water without added caloric sweeteners; unflavored low fat milk; unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP; 100% fruit or vegetable juice (can be diluted with water, with or without carbonation) and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size for plain water.

FOODS

A food item sold individually:

- Will have no more than 200 calories for any snack item and no more than 350 calories for any entrée item;
- Will have no more than 35% of its calories from and less than 10% of its calories from saturated fats and zero grams of trans fat;
- Will have no more than 35% of its *weight* from total sugars in foods;
- Will contain no more than 200mg of sodium per serving for snack items; will contain no more than 480 mg of sodium per entree items.

ACCOMPANIMENTS

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

BREAKFAST

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- School will, to the extent possible, operate the School Breakfast Program
- School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- School will notify parents and students of the available of the School Breakfast Program
- School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

SCHOOL EVENTS/PARTIES/FUNDRAISERS/REWARDS CELEBRATIONS

The District encourages:

- Nutritious foods to be served at classroom parties, celebrations and school sponsored events (including booster clubs) and unhealthy choices will be limited.
- Parents to provide daily healthy snacks from home and food for classroom parties or events. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, remind them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for celebrations and rewards.
- Alternatives to food as rewards.
- Administrator’s staff and visitors to model nutritious food choices and eating habits.
- Healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages.
- The use of non-food items at classroom parties, school celebrations, and as fundraisers is encouraged.
- Classrooms are encouraged to use physical activity as rewards or incentives for students’ behavior or performance and as alternatives to food celebrations.

The Board may approve policies, regulations or guidelines for refreshments served at parties or celebrations during the school day or for food as rewards, or may delegate the responsibility for such regulations or guidelines to administrators at the district or school level.

All food offered or sold on school grounds or off school grounds by a school-approved organization or program shall meet the requirements and nutrition standards of all applicable federal and state regulations and the District’s Nutrition Standards Policy at all times.

GOALS FOR NUTRITION EDUCATION AND PROMOTION

Whenever possible, the district seeks to serve meals that are prepared to as close to the natural state of the food as possible.

The schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.

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 as appropriate to compliment, not replace, the health education program.

The school unit will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day (OR: as close to the middle of the school day as possible), adequate space to eat, and a clean and safe meal environment.

Consistent nutrition messages will be disseminated throughout the school unit in the classroom, the cafeteria, and school-home communications.

Appropriate professional development will be provided for food service staff.

GOALS FOR PHYSICAL ACTIVITY

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 curriculum will be aligned with the content standards of the Maine system of Learning Results.

Physical education classes will keep all students involved in purposeful activity for a majority of the class period.

Physical education classes will provide opportunity to learn for students of all abilities.

The school 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.

School will promote efforts to provide opportunities for students to engage in age-appropriate activities on most days of the week in both school and community settings.

The school will provide opportunities for physical activity through a variety of before- and/or after-school programs including, but not limited to, intramural sports, interscholastic athletics and physical activity clubs.

Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

IMPLEMENTING AND MONITORING

The Superintendent/Wellness 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 on an annual basis. Monitoring may include surveys or solicitation of input from students, parents, staff, and school administrators.

Reports may include, but are not limited to:

- The status of the school environment in regard to student wellness issues
- Evaluation of the school food services program and compliance with nutrition guidelines
- Summary/list of wellness programs and activities in the schools
- Feedback from the Health Advisory Council, or its subcommittees
- Recommendations for policy, program or curriculum revisions

District to conduct an assessment of the wellness policy every three years, at a minimum, to determine:

- Compliance with the wellness policy;
- How the wellness policy compares to model wellness policies;
- Progress made in attaining the goals of the wellness policy.

Any person who observes practices inconsistent with the Local Wellness Policy should contact the school principal. If inconsistencies are still not adequately addressed, any person may contact the Superintendent.

COMMUNICATION OF THE WELLNESS POLICY

- All wellness related policies will be published in the District's Policy Handbook, posted on the district's Policy Website, and on the district's Wellness web pages.
- The School Health Coordinator, or other Superintendent Designee, will provide administrators and school leadership team with supporting materials to communicate policy information with students, staff, and parents.

- School will communicate with parents, staff, and students regarding the wellness policy at least once per year. Such communication may include parent newsletters, student handbooks, back-to-school packets, school web pages, email, and/or any other means at the discretion of the principal.
- Wellness Coordinator will develop measurable annual goals and implementation oversight and report annually to the school board.

WELLNESS GOALS

The district has identified the following goals associated with student wellness:

GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

The school will encourage maximum participation in school meal programs.

The school will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.

The school will encourage parents to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

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.

Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.

School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and other areas accessible to students should support the goals of the wellness policy.

Cross Reference: EFC Free and Reduced Price Food Services

Legal reference: 42 USC section 1751

Legal Reference: Ch. 51 (Dept. of Educ. Rule) (Child Nutrition Programs in Public Schools and Institutions)

Replace Policies:

EFBA Menu Development/Options, EFCA Food Program Milk Options, EFDA Restrictions on Sale of Foods, EFE Competitive Food Sales

Adopted: August 20, 2014

Revised: October 19, 2016

Revised: September 19, 2018